

ARE YOU A REBEL MUM?

# Essentials

# 38

**WOW FACTOR**  
**WINTER**  
**COATS**

From  
**£25**

**THE LAST  
TABOO**

How far would  
you go in bed?



**Quick fix**

Simple home  
updates in  
**MINUTES**

**EAT JUNK  
GET SLIM**

It's true.  
We tried it!

**2015  
AWARDS  
SPECIAL**

**BEAUTY  
MADE**

**EASY**

**REVEALED!**

The 25 best buys you  
can't live without

**20%  
OFF**

LUXE LINGERIE  
AT FIGLEAVES

Martine  
McCutcheon

*'It's not my job to  
be tiny, I'm happy  
with my body'*

NOVEMBER 2015 £2.99



**FEED  
THE**  
*family*



**BONFIRE FEAST**  
Hot, filling and fast!

**KIDS KITCHEN**  
Fun Halloween treats

**DAIRY-FREE MENU**  
They'll all love



COAT £79 M&S COLLECTION | COAT £85 INDIGO | COAT £99 PER UNA. SELECTED UK STORES & ONLINE. SUBJECT TO AVAILABILITY.





# THE ART OF TEXTURE

The season's must-have tactile coats. Touch them, feel them, love them.

BROWSE AND SHOP OUR BRAND NEW COLLECTION AT [MARKSANDSPENCER.COM](http://MARKSANDSPENCER.COM)

ONLY  
M&S

PRESENTING A PRESTIGE INSPIRED  
NIGHT CREAM.  
WITHOUT THE PRESTIGE PRICE.

Dramatically newer skin is revealed night after night.\*\*



**WORLD'S No. 1**  
FEMALE FACIAL SKINCARE BRAND\*

Olay Regenerist 3 Point Night Cream is formulated to provide deep hydration when you most need it – overnight. During the night skin can lose moisture as your metabolism slows down, but it's also the optimum recovery time for your skin. Olay Skin Energising Technology penetrates 10 surface layers deep, to start re-energising your skin while you sleep. So you can awake to **dramatically younger looking skin**.

Your best beautiful begins at [Olay.co.uk](http://Olay.co.uk). Available exclusively at Boots.

\*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

\*\*Skin surface renewal is accelerated based on surface cell exfoliation.

  
Olay  
REGENERIST

YOUR BEST BEAUTIFUL™



# ED'S Letter

NOVEMBER 2015

**23**  
SCARY  
IDEAS FOR  
HALLOWEEN



**HALLOWEEN IS HERE!** And it's just the excuse I need to wear black from head-to-toe – even more than I usually do!

Last year I did my *Morticia Addams* bit and wore a long black wig that fascinated my kids – and appealed to the hubby, too! But Halloween can be hard work, so we've come up with lots of party ideas to make speedy stuff for less – from spooky snacks to creepy crafts. Right, I'm off to sort out my slinky outfit...

Catherine

GROUP EDITOR  
ESSENTIALS & GOODTOKNOW.CO.UK



**A FRIGHTFUL FEAST**  
Ask the kids to help you get creative



**SIMPLY THE BEST**  
You reveal your must-have beauty buys



**MINI MAKE-OVER**  
Fancy a new look for less? Then it's time to get upcycling your old furniture!

**HOT RIGHT NOW**

**MARTINE McCUTCHEON**  
The talented actress has turned fashion designer! We love her chic looks – from page 8



# Contents

NOVEMBER 2015

## Fashion

- 13 **FAST FASHION** What's new
- 14 **YOU'VE GOT MALE** This season's sharp tailoring and soft layers for effortlessly cool boy chic
- 21 **BLOCK VS BLOOM** Bold or floral – take your pick of the catwalk trend
- 27 **THE POWER PIECES** Wardrobe essentials to add that special something

## Features

- 29 **DUSTPANS AT THE READY, BOYS** Kathy Lette gives us the low-down on how to win the Chore Wars
- 32 **TO WORK OR NOT TO WORK?** What's best for the kids
- 38 **WE DANCED THE PAIN AWAY** Three amazing women describe the healing power of dance
- 44 **'I DON'T WANT TO DIE'** The terror of having a stroke – at just 32
- 46 **FRANKLY SPEAKING** Pop star and mum Frankie Bridge on how her life is now better than ever

## Beauty

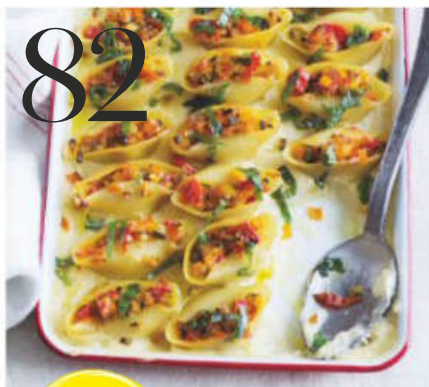
- 50 **COME SPA WITH ESSENTIALS AT RAGDALE HALL** Pampering treats
- 51 **EASY BEAUTY** What's new
- 62 **LADY IN RED** Warm shades of ruby and scarlet infuse your make-up bag
- 64 **BRONDE AMBITION** It's the hottest hair colour – and not just for celebs
- 66 **HOT RIGHT NOW** The beauty team's choice buys for under a tenner

## Health

- 69 **GOOD HEALTH** What's new
- 71 **'MY DAUGHTER KEEPS ME GOING'** When Nicola lost her mum to breast cancer she was heartbroken, then she too was diagnosed with the disease
- 75 **ADD 20 YEARS TO YOUR LIFE** Eight steps to better health
- 77 **WHAT'S YOUR FITNESS PERSONALITY?** Take our quiz and find the right workout for your character. Ready, set, go...

## Food

- 81 **REAL FOOD** What's new
- 82 **PASTA RECIPES YOU'LL LOVE** We've got so much more than spaghetti – try these simple new cheffy ideas
- 86 **GET YOUR BAKE ON** Sweet treats all under 400 cals
- 89 **HOW TO MAKE... THE BEST STEAK** Master the basics – it's posh enough for a dinner party and ready in 20 mins



On the cover

- 8 **'I'M NOT PERFECT, I'M JUST ME'** That's why we love Martine McCutcheon
- 22 **TOP COATS** The best of this winter's warmers
- 37 **YOU & HIM** How to get what YOU want in bed
- 43 **IT'S A CRIME!** Turns out our readers are a little less than law-abiding
- 52 **SAVE 20% AT FIGLEAVES** Luxe lingerie for less
- 53 **ESSENTIALS EASY**

- BEAUTY AWARDS** The No1 products, voted by you
- 72 **EAT JUNK, GET SLIM** There's no such thing as forbidden food – hurry!
- 90 **SPOOK-TACULAR PARTY FOOD** Yes, it's Halloween!
- 94 **3 WAYS WITH AVOCADO** Including a dairy-free cake
- 96 **A FIREWORKS FEAST** Bonfire night banquet
- 98 **THE GREAT INDOORS** You'll love this cosy home





98



## Home

**103 COPPER CRUSH** Choose this on-trend metal for a gorgeous contemporary indoor glow

**118 COOL KIDS** What's new

## Essentialist

**124 IRISH CHARMERS** We can't resist!

**125 ON THE BOX** TV highlights

**126 GO OUT** Latest movie news and nights out

**127 INSIDE THE MIND OF** Ethan Hawke

**128 ON THE SHELF** Great new reads

**129 FRIGHTFULLY FUN!** Halloween outings for half-term kids

**130 IT'S ALL ABOUT BOND** The James Bonds who've shaken and stirred us

**131 ON THE RADAR** What's new... what's in... what's out

## Travel

**133 GREAT ESCAPES** What's new

**134 GET AWAY WITH YOU!** Fabulous pick-me-up autumn breaks

## CRAFT

**105 MAKE IT EASY** What's new

**106 TRICK OR TREAT** Fangtastic Halloween crafts for the kids

**114 UPCYCLE WITH STYLE** Home updates that are craftily simple



103

## Regulars

**5 EDITOR'S LETTER**

**48 SUBSCRIBE TO ESSENTIALS** for just £22.99 for 12 issues and receive a free gift from Yardley London worth £19.99

**145 NOVEMBER HOROSCOPES**

**146 LISA'S LAST WORD** Lisa Faulkner on winter woes and the joy of croissant bread & butter pud – mmmm!



100

## Essentials

### GROUP EDITOR

CATHERINE WESTWOOD

GROUP ART DIRECTOR Phil Attaway

ASSISTANT EDITOR (Features & Entertainment) Carrie Mitchell

ASSISTANT EDITOR (Lifestyle) Stephanie Lowe

CONSULTANT EDITOR Terry Tavner

DIGITAL EDITOR GOOD TO KNOW Holly Boultonwood

ASSOCIATE EDITOR GOOD TO KNOW/ESSENTIALS Sarah Allard

### DESIGN

ART EDITOR Becky Brannigan

SENIOR DESIGNER Katie Archer

PICTURE EDITOR Jo Crawford

### EDITORIAL PRODUCTION

CHIEF SUB EDITOR Sue Linford

DEPUTY CHIEF SUB EDITOR Toria Richards

### FOOD

FOOD WRITER Sophie Austen-Smith

### FASHION

FASHION DIRECTOR Caroline Baxter

FASHION EDITOR Paula Moore

FASHION STYLISTS Rachel Bassett, Sharna Newton

FASHION ASSISTANTS

Cigdem Tanrioglu, Becky Joiner O'Riordan

### BEAUTY

BEAUTY DIRECTOR Jess Henley

BEAUTY WRITER Annie Vischer

BEAUTY ASSISTANT Meghann Thorp

### LIFESTYLE

LIFESTYLE WRITER Eleanor Jones

FEATURES WRITER Anna Matheson

### CONTRIBUTORS

GOODTOKNOW Gemma Chandler

### PUBLISHING

MANAGING DIRECTOR Fiona Dent

PUBLISHING DIRECTOR Roger Cummings

PUBLISHER Tom Smith

### ADVERTISING

HEAD OF CLIENT PARTNERSHIPS

Alex Russell

HEAD OF AGENCY SALES Lindsay Dean

BRAND MANAGER Victoria Vatisas

TRADING DIRECTOR (Manchester) Russell Matthews

### CREATIVE MEDIA

ACCOUNT DIRECTORS Hannah Biscoombe, Holly Bishop, Emilie Morrissey

ACTING ACCOUNT DIRECTOR Amanda Egbosimba

TIME INC (UK) LTD GROUP CREATIVE MEDIA

DIRECTOR Matt Downs

CONTENT DEVELOPMENT DIRECTOR

Joanna Rahim

PROJECTS DIRECTOR Kathryn Cane

### CLASSIFIED

CLASSIFIED ADVERTISING MANAGER

Emma van der Veen

CLASSIFIED SALES EXECUTIVES Lili Cavaliere

Christie Wilson

### INSERT SALES

LOOSE INSERT SALES DIRECTOR Lindsay Martin

BOUND-IN & TIP-ON INSERTS Victoria Vatisas

### SUBSCRIPTIONS

SENIOR SUBSCRIPTIONS MARKETING EXECUTIVE

Gemma Burnie

### PRODUCTION

PRODUCTION MANAGER John Botten

AD PRODUCTION Thomas Coelho

DIGITAL PRODUCTION Dominic Evans

### SYNDICATION & CIRCULATION

SYNDICATION SALES EXECUTIVE Cerie McGee

ASSISTANT SYNDICATION MANAGER Efi Mandrides

GROUP CIRCULATION MANAGER

Paul Burden





# ‘I’M NOT PERFECT, I’m just me’

Martine McCutcheon talks life, laughter and learning to love her curves

INTERVIEW CARRIE MITCHELL | PHOTOGRAPHY DAVID VENNI

**B**ubbly, beautiful and brazen, Martine won legions of fans as troublesome Tiff’ in *EastEnders* and when the courageous Cockney left the soap in 1998, it looked like her star would continue to rise. She stole the screen from Hugh Grant in *Love Actually*, topped the charts with her single *Perfect Moment* and won an Olivier Award for her performance in *My Fair Lady*, but then things came to a juddering halt in 2005, when she stepped away from the limelight due to struggles with fatigue and depression.

It was six years before she was finally diagnosed with ME, fortunately by that time she’d met her husband musician Jack McManus, 30, who has stood firmly by her side while she’s learned to cope. It’s no wonder the performer, now 39, describes him as her ‘rock’. The couple, who live in Surrey, welcomed their first child, Rafferty, back in February, but motherhood definitely hasn’t slowed Martine down – she’s recording a new album and has even designed her very own clothing range. But while fashion is definitely a passion for the stylish star, family will always come first...

**As soon as Rafferty was born, we were smitten.** Jack said, ‘Oh my god, he’s just the love of my life... Oh, but you are as well!’. I said, ‘Don’t worry, he’s the love of my life, too’. So we agree: he’s the love of both our lives and we each come a close second.

**We’ve always been romantic with each other.** Jack’s a songwriter and he’s written a few for me over the years. We’ve got a band called Stargazer and we’re recording an album that comes out next year. We love working together, but there are plenty of slammed doors, too. Jack lets me think I wear the trousers, but that’s not really the case. I look back and think, ‘Hold on, we’ve just done exactly what you wanted to do – you’ve played me!’

**Even though he’s my husband, Jack is also my best friend.** He taught me that just because I’m so focused about what I do, I don’t have to take myself so seriously – and I shouldn’t take any notice of what’s

written about me personally. At the end of the day, it’s not what happens to you, it’s how you react to it that defines whether you are a success or not.

**I wouldn’t live my 20s again for all the tea in China!** I wish I could go back and tell myself not be so hard on myself. I think the chameleon in me wanted to be everything to everyone, so I’d be one way with one person, then another way with someone else because I didn’t want to let anyone down. Eventually I realised that I don’t have to be perfect, it’s OK to just be me – and if anyone finds that a disappointment, that’s fine, too.

**Acting was always the most amazing accident.** I trained as a dancer and then as a singer, and I was signed to Polydor when I was just 14. Things didn’t work out and by the age of 18, I was working in an underwear shop and felt like a has-been. It was then that the *EastEnders* audition

**‘Women shouldn’t feel guilty about keeping your own sense of self as well as being the best mum you can be’**



***'My fashion range isn't plus size. The average woman in the UK is a size 16, so to call them 'plus-size' is just not accurate'***

came along and changed everything. I was reluctant initially because I never wanted to do a soap, I had my heart set on the theatre and movies – plus, I felt like I'd spent my life trying to get away from the East End! But when I read the script, the character just jumped off the page and I knew I could do something amazing with her. I think it was meant to be and I have the best memories from my time there.

**My mum has been an amazing support throughout my whole career.** She's really wise and is such a chilled soul, she's just grounded me and helped me laugh. Having a big sense of humour is important in this industry. She also taught

me that it's important to be your own person as well as being a mother. As a single parent, she always used to feel so guilty about going to work, but I actually used to love it because when she came home, she'd have something exciting to talk about. I respected her as a person as well as my mum and that made me love her even more.

**Some women feel they lose some of their own identity in motherhood, while others just glow from being a full-time mum.** I don't think anyone should feel guilty about keeping your own sense of self, as well as being the best mum you can be – and if that means going out to

work, you should. I'd like to do more TV, but I don't want to be away from Rafferty 17 hours a day. If the right thing comes along, I'd love to do it, but my priorities have changed now, so it would have to be something my soul is crying out to do.

**When Fashion World asked me to design a capsule collection, I was really excited.** I would never put my name to something I didn't have an input in, so my first question was: 'Can I actually design it or do I have to wear what you want me to wear?'. When they said, 'no, you can genuinely design it,' I was thrilled. Getting to design clothes I love and can wear myself is like my dream.





## *'I wouldn't live my 20s again for all the tea in China! I wish I could go back and tell myself not to be so hard on myself'*

other's best friends. Some journalists at the time were like: 'Oh my god, you're not chubby.' And I was like, 'Yes, I know, it's fine'.

**Learning to dress well really helped with my self confidence.** It's important to be brave and to know that you don't have to be perfect to enjoy fashion. It doesn't matter what size you are, every woman will have hang-ups about certain parts of their body, but if you put on the right outfit, you can suddenly feel your best again. It's all smoke and mirrors – creating

illusions with certain angles and cuts that are failsafe. My shape is naturally very soft and feminine, so I need structure in my clothes to balance that.

**I love curvy bodies, women like Halle Berry, Penélope Cruz, and Beyoncé are great because they celebrate being women.** Besides, you learn that none of what you see in magazines is real. I've seen them all on the red carpet and they're beautiful, but none of them are perfect.

**Since having Rafferty, I'm a size 14 and I'd just like to tone up a bit, but all in all I'm pretty happy with my body.** Having a baby put things in perspective for me – you suddenly see how wonderful your body is because it can create life. It's not just about how a top looks on you!

**My ME means that I get fatigued easily, but I'm now learning how to manage it.** It's a very misunderstood illness – some people with ME get migraines and some struggle with stomach problems and earache. Lucky people get rid of it completely, while others battle with it terribly. The best thing you can do is just keep your food clean and go back to basics. I've cut out sugar and eat a healthy diet and that has helped a lot.

**I turn 40 next year, but I'm not worried – I'm just relieved and excited for my next stretch of life.** I feel like the stars have aligned at last and I'm not fighting against the tide any more. It's taken me a while and there have been a few obstacles, but I wouldn't change it for the world.

**\* Check out The Martine McCutcheon for Fashion World Collection at [fashionworld.co.uk](http://fashionworld.co.uk). Prices range from £25-£70 and all items are available in sizes 12-32.**

**The collection isn't 'plus-size'; it's designed for all shapes and sizes.**

The term 'plus-size' can be insulting, especially if you're referring to women who are a size 16 and under. The average woman in the UK is a size 16, so to call them 'plus-size' is just not accurate.

**I've always had to work a bit harder to find clothes that flatter my body shape.**

Even when I was a size 8, I had an hourglass figure with boobs and thighs – there were times when I was younger I found it really hard because I couldn't fit into a sample size 4. Being in the public eye, you are constantly scrutinised and compared to girls who are five foot tall and a size six – it's crazy because I'm not a model and it's not my job to be that tiny.

**In Love Actually, it's a joke when people refer to my character as 'chubby', but lots of people didn't get it.** Richard Curtis wanted a girl who was normal and healthy, with a feminine figure, but low self-esteem. When other women in the film said things like 'she's got a bit of a bum on her', it was just supposed to reflect how women aren't always each

**THE REAL ME**

## MARTINE CONFESSES...

**\* I DON'T WATCH EASTENDERS.** It just doesn't

feel like the same place to me any more.

**\* I'M EXCITED ABOUT MY NEW CARPETS.**

That sums up how much my perspective has changed. I honestly can't think of anything I like doing more than just


staying in my house with Rafferty and Jack.

**\* I REALLY DON'T LIKE INTENSE EXERCISE.**

I find it stressful, so I just stick to going swimming and out for walks, which are actually enjoyable.

**\* I WON'T GIVE UP MY ME-TIME – it keeps me sane. My secret to finding time for myself is called the mother-in-law!**

**\* I'D LOVE TO DO STRICTLY.** I always said no because of the ME, but I love the outfits, I love the judges, I love the journey. I'd definitely think about doing it going forward.

 Watch Martine play Truth or Dare – check out our exclusive behind the scenes video at [goodtoknow.co.uk/martinemccutcheon](http://goodtoknow.co.uk/martinemccutcheon)

# PANTENE

## VISIBLY ERASE THE DAMAGE OF 100 BLOW DRIES

OUR MOST ADVANCED FORMULA YET.  
VISIBLY ERASES DAMAGE FROM THE FIRST USE.

**YOU'LL BE BLOWN AWAY.**

PANTENE  
PRO-V

CONDITIONER  
REPAIR &  
PROTECT

PANTENE  
PRO-V

SHAMPOO

REPAIR &  
PROTECT

FIND OUT MORE ON [PANTENE.COM](http://PANTENE.COM)



# FAST *Fashion*

 goodtoknow\_essentials



**LADY IS THE VAMP**  
Get into the gothic glamour trend with sultry dark lips and a felt hat. Hat, £14.99, top, £12.99, 6-18, coat, £29.99, 6-18, all New Look

**PRINT ON PRINT**  
Super-stylish Jessica Alba mixes two prints that clash and ties the look up nicely with a bow belt - and it really works.



*Star style*

## FEELIN' PEACHY

Who says a winter wardrobe is always dull? Add the wow-factor with a colour-pop coat - and brighten up any grey day! Want to see more fab coats? Then turn to page 22. Coat, £60, 8-22, Next



## We love...

Texture is key for this season, which means that this fake fur bag is totally on-trend. Wear with simple jeans and T-shirts for maximum impact for less than £20! Faux fur bag, £18, Matalan



**See more FASHION**



Fancy extra wardrobe inspiration? Go to [pinterest.com/GTK\\_essentials](https://www.pinterest.com/GTK_essentials)



## CLASSIC CAMEL

Coat, £90, 6-18,  
River Island  
Jumper, £19.99,  
s-l, Zara  
Skirt, £125, 8-16,  
Windsor London  
Trainers, £85, Geox

# YOU'VE GOT *male*

Borrow from the boys this season and opt for sharp tailoring and layers of light knitwear

FASHION EDITOR PAULA MOORE | PHOTOGRAPHY DEAN OLIVER



**DENIM DAYS**

Denim jacket, **£28**, 6-22,  
Dorothy Perkins  
Roll-neck, **£18**, 6-22, Next  
Trousers, **£29.99**, 6-16, Zara  
Converse, **£44.99**, Office





## ***FEELING BLUE***

Blazer, **£65**, 6-22, Next  
Shirt, **£32**, 6-22, Next  
Jeans, **£40**, 8-16, Oasis



**SHADES  
OF GREY**

Jumper, **£49**,  
8-18, John Lewis  
Skirt, **£69**, 8-18, Cos  
Earrings, **£15.99**,  
H.Samuel

**KEEP IT SIMPLE**

Jumper, **£35**, 8-24,  
Marks & Spencer  
Jeans, **£14**, 10-20, Peacocks  
Necklace, **£75**, Alexi  
Brogues, **£75**, Dune

*‘Give a classic white  
shirt a new lease  
of life by layering  
under a crew neck  
jumper this season’*

**DOUBLE UP**

Jumper, **£34.99**, s-l,  
John Lewis  
Shirt, **£19.99**, xs-xl, Zara  
Earrings, **£15.99**,  
H.Samuel  
Trousers, **£39.99**,  
xs-xl, Mango

## POWER PAIRING

Blazer, **£79**, xs-xl, Mango  
Top, **£26**, 6-18, Warehouse  
Skirt, **£69**, 8-18, Cos  
Earrings, **£15.99**, H.Samuel  
Trainers, **£14.99**, Deichmann



## STRIPE IT LUCKY

Jumper, **£79**, 8-22, Marks & Spencer  
Scarf, **£7.99**, New Look  
Earrings, **£15.99**, H.Samuel  
Trousers, **£35.99**, xs-xl, Mango  
Brogues, **£79**, Jones



## TOP OF THE CROPS

Jacket, **£55**, 6-14, Topshop  
Shirt, **£49.50**, xs-xl, Banana Republic  
Jumper, **£12**, 8-22, BHS  
Jeans, **£22.99**, 6-18, New Look







*‘It hides a multitude of sins and it’s bang on trend what’s not to love about the new longline waistcoat?’*

**LONG  
AND LEAN**

Waistcoat, **£60**,  
8-16, Oasis  
Roll-neck, **£18**, 8-24,  
Marks & Spencer  
Watch, **£19.99**,  
New Look  
Jeans, **£29**, 8-18,  
very.co.uk  
Boots **£75**, Next

MAX FACTOR X

NEW

## MIRACLE MATCH FOUNDATION

Transform your look with a shade match that blends seamlessly with your unique skintone and nourishes\* for a fresh and flawless finish.

Miracle Match Foundation for the perfect nude look.  
#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: Facefinity All Day Primer, Miracle Match Foundation, Creme Puff Blush in Alluring Rose

\*Nourishes with hydration



THE MAKE-UP OF MAKE-UP ARTISTS



# RUNWAY EDIT

Block vs Bloom  
Bright and strong or intricate and feminine - whatever your style, these key trends are the perfect must-buys

Stole, **£18**,  
Dorothy  
Perkins

Skirt, **£28**,  
6-18, River  
Island

Shoes,  
**£69**,  
M&Co

Dress, **£40**,  
6-18,  
Warehouse

Necklace,  
**£35**, Cos

Shirt,  
**£35**, 4-16,  
Miss  
Selfridge

Top, **£45**,  
8-20,  
Lands' End

Top,  
from **£15-£25**,  
6-22, Next

Dress,  
**£99**, 6-22,  
Boden

SALVATORE FERRAGAMO

Bag, **£39.99**,  
Zara

Watch, **£80**,  
Olivia Burton  
at Topshop

Dress,  
**£14.99**,  
6-20, H&M

Bag, **£18**,  
very.co.uk

Boots,  
**£120**,  
Alberto  
Zago at  
Zalando

Skirt,  
**£19.99**,  
6-18,  
New Look

Earrings,  
**£8.50**,  
Topshop

Top, **£35**,  
8-16, Joy

Jacket, **£95**,  
s-l, Darling

Trousers,  
**£39**, 4-16,  
Topshop

Jumpsuit,  
**£20**, 8-20,  
George at Asda

Shoes, **£23**,  
Dorothy  
Perkins

DOLCE & GABBANA



# TOP COATS

From  
just  
£25

The fashion team have taken the hard work out of shopping – here's their pick of the best styles in store now

## SHEAR LUXURY

Take inspiration from the real fur seen on the catwalk and bag an affordable lookalike in timeless natural shades of tan or black



£35, 8-24,  
George at Asda

£39,  
6-22,  
F&F at  
Tesco

£120, 8-20,  
Preen  
Edition at  
Debenhams

£79, 8-22, very.co.uk

£99, 6-22, Limited  
at Marks & Spencer



Coat, £59,  
jumper, £20,  
skirt, £26, all  
6-22, Dorothy  
Perkins





Coat, **£99**, blouse, **£39**, jeans, **£49**, all 6-22, Monsoon. Hat, **£29**, Accessorize



Coat, **£199**, 8-20, Dickins & Jones at House of Fraser

Coat, **£79**, xs-l, shirt, **£85**, xs-l, jeans, **£99**, 6-14, all La Redoute



## TAILOR MADE

Choose a longline crombie cut in subtle shades, like classic grey and pastel pink, for an instantly slimmer silhouette

## PERFECT PARKAS

This practical wardrobe staple will look good worn over jeans for many seasons to come

## IT'S A WRAP!

This versatile cross-over detailing is perfect for staying stylish and warm this winter



**£199**, 8-20, Gray & Willow at House of Fraser

**£99**, 8-20, Principles at Debenhams



**£120**, 8-22, Twiggy at Marks & Spencer

**£95**, 12-32, JD Williams



**£199**, 8-20, Dickins & Jones at House of Fraser

**£65**, 6-22, Next



**£129**, 8-22, Autograph at Marks & Spencer

**£95**, 6-18, Warehouse



**£79**, 8-22, Red Herring at Debenhams

**£90**, 6-18, Lipsy



**£85**, 6-18, River Island

**£89**, 8-22, H! by Henry Holland at Debenhams





Cape, £59,  
blouse, £69,  
trousers, £49,  
all xs-xl, hat,  
£39, all  
Hallhuber



Coat, £95,  
jumper, £25,  
culottes, £30,  
all 6-18,  
River Island



Coat, £110,  
12-32,  
Simply Be

CAPED CRUSADER

This style makes layering so easy – look out for on-trend Aztec prints or block stripes

£25, 8-24, George  
at Asda



£32, one  
size, BHS

£30,  
8-16,  
Wallis

£34.99, 6-18,  
New Look

CLASSIC CAMEL

It's the colour that flatters every complexion and adds instant class to any outfit

£55,  
6-22,  
Next



£249, 8-22,  
Monsoon

£39.99, 10-28, Bonprix

£34.99,  
6-18,  
New Look

FURRY NICE

Faux fur has never been more varied – choose from shaggy textures, bright colours or even stripes!

£95,  
6-18,  
River  
Island



£98, 6-18,  
Warehouse

£85, 8-20, H! by Henry  
Holland at Debenhams

£79, 8-22,  
very.co.uk

Feature Cigdem Tanrioglu



# TAKE YOUR HAIR TO PARADISE



CLAIROL



Herbal  
Essences





SHIFT A SHADE & FIND YOUR  
**TRUE COLOUR**

I've been the same shade  
of red for years, but it's time to  
change it up. Hello, Golden Blonde!  
Looks so natural, I almost  
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,  
**IT'S THE UK'S #1\***



**nice'n  
easy**

**CLAIROL**

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

\*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

[clairol.co.uk](http://clairol.co.uk)





**A TIMELESS ESSENTIAL**  
Roll-neck, **£18**,  
8-24, Very



**FUNFUR**  
Scarf,  
**£80**,  
River  
Island



**PERFECT PLEATS**  
Midi skirt,  
**£49.50**, 8-18,  
Twiggy for M&S



**KNEE HIGH**  
Suede  
boots, **£75**,  
very.co.uk

# THE POWER pieces

Let us introduce you to the statement items you need in your wardrobe this season

**HIGH STREET HITS**



**TOP OF THE CROPS**  
Culottes, **£18**,  
6-22, F+F at Tesco



**BOXY BAG**  
Messenger bag, **£16**,  
F+F at Tesco

**GOthic GLAM**  
Blouse,  
**£40**, s-xl,  
Wallis



**GO LONG**  
Sleeveless jacket,  
**£68**, 4-16,  
Topshop Premium



**FLORAL BOHO**  
Dress, **£75**, 8-18,  
Preen Edition  
at Debenhams

**VELVET TOUCH**  
Heels, **£35**,  
Limited Edition  
at M&S



Compressed lasts  
as long as a big can.

Try it and join  
the 9 million women  
who've chosen it.



It won't  
let you down



# DUSTPANS AT THE READY, **BOYS**



**AUTHOR KATHY LETTE, 56, LIVES IN LONDON WITH HER HUSBAND AND TWO CHILDREN. HER NEW BOOK *GIRL TALK: IN THE PINK* (£6.90, KINKAJOU) IS A COLLECTION OF HER WIT, WISDOM AND ONE-LINERS**

Kathy Lette reckons it's time women deployed their most powerful weapons to win the Chore Wars once and for all

**B**efore getting married, I used to fantasise about becoming one of those superwomen who could balance a cheque book with one hand and a baby with the other. And this was while I was whipping up an entire gourmet meal for all the kids, plus their friends, even though the larder was bare and all I had in the fridge was some thrush cream, wart medicine and half a bulb of garlic.

But once I had actually tied the knot and shot out a couple of sprogs, I rapidly realised that if motherhood was advertised in a jobs vacant column, it would read: 'Must be good at making mince interesting, locating the lost glove and finding the square root of the hypotenuse, (even if you didn't know the damn thing was lost). Hours of work



- constant: time off - nil: no sick pay, no holiday pay - hell, no pay'. Would you take this job? I don't think so. If only I'd noticed this daily drudgery spelled out in the small print of my marriage licence.

It still seems that a woman's work is never really done... not by men anyway. A new study that has been conducted by a British electrical firm has revealed that housework is still generally considered 'women's work'.

'If husbands are now getting a handyman in to do the DIY and mow the lawns, then it's time they did the laundry'

## Share the load

Even though women now make up half of the work force, apparently we're still doing nearly all the domestic chores and childcare. Giving a room a sweeping glance is the closest most men ever come to housework, besides leaving a roasting pan to soak and looking thoughtfully at the washing up now and then.

The result is that women are completely exhausted. In fact, the Dunkirk evacuation would be easier to organise than a working mum getting her kids up and out

of the house by 8am. One morning I was so tired that I spread my hand with strawberry jam and placed it on my daughter's plate. Many a time, I've thrown clothes into the washing machine - with kids still in them.

Even more annoying than the husbands who don't pull their domestic weight, are the celebrity mothers who maintain that they find chores 'relaxing'. If I see one more

photo of Gwyneth Paltrow doing Sensitive Things with Snow Peas, I may have to invent a new recipe of my own – Domestic Goddess Roasted Slowly On A Spit! Any woman who says she gets high on housework has inhaled way too much cleaning fluid.

The solution to restoring female sanity and maintaining marital harmony, however, is simple. Men must do their fair share around the house. When I was young, my mum and dad divided the domestic chores. Mum did everything inside the house and dad did everything outside. But most men I know don't even own a tool kit.

My hubby's only attempt at doing some DIY resulted in a very embarrassing call to the emergency services after he trapped himself in a flat-pack wardrobe he was trying to assemble.

### Give him a reward

So, if husbands have now decided to get a handyman in to do all those DIY jobs and mow the lawns, then I say it's about time they did that big pile of laundry.

Men always say that they'd like to help more around the house only they can't multi task. This is a biological cop out. Can you imagine any man having any trouble multi tasking at, say, an orgy? Oh,

no, he'd have no trouble at that particular time. They also claim 'domestic blindness'. But what women can't understand is why a bloke can determine the exact mile to the gallon ratio of a five-hour trip to the south of France, where he effortlessly locates the remotest fishing village that's not even on a map, yet can't find the mustard, the nail clippers or his cufflinks, which have been kept in exactly the same place for the last, oh, twenty years.

Clearly, the reason men like intelligent women is because opposites attract. I used to think that the ultimate proof of female superiority is the fact that women live longer than men. But I've now realised that's just so typically male – leaving all the cleaning up to a woman! It would seem that the enlistment of labour on a

subsistence basis is now forbidden in Britain – except in one state – the holy state of matrimony.

But girls, I do have one top housework tip – offer your husband a sexual reward. Believe me, he'll vacuum so

thoroughly, your skirting boards will be practically sucked right off the walls. There is no greater aphrodisiac than a man in an apron. What does a woman really want in bed? Breakfast! And she'll be so grateful, she may show her appreciation by ordering you, for dessert, naked on a bed of meringue. Or, if not carnally inclined, you could simply point out that it's in a man's interest to do more to help around the house because it's scientifically proven that no woman has ever shot her husband while he was vacuuming!

**'Men always say they can't multi task. This is a biological cop out. Can you imagine any man having trouble multi tasking at, say, an orgy?'**



## WHAT YOU THINK

### DON'T WASTE QUALITY TIME

*'My husband works shifts and I work 9 'til 5, so we each do our bit when the other is at work, then when we're home together, it's all about "us" time and not housework. And I think he prefers it this way as I'm not there to nag him for not doing it right!'*

Karen Reilly

### REIN IT IN

*'I'm pretty OCD, but when we first moved in together, I made a serious effort NOT to do all the housework. Watching the mess pile up killed me at times, but he did learn to muck in eventually.'*

Louise Simpson

### SHARE THE LOAD

*'We both work and share chores, but he does the jobs I don't like, such as cleaning out drains, toilets, sinks and washing up, whereas I tend to do the cooking, dusting and washing. We can do a full spring clean between us in a couple of hours.'*

Chloe Greenfield

### LEAVE IT TO HIM

*'My husband does the lion's share. It's not that I'm lazy, more that I have a higher threshold for mess, so he'll be cleaning before I've even noticed it needs to be done. He does all the cooking, too.'*

Jane Freeman

### Get In TOUCH



Is there a burning issue you want to talk about? Join the conversation at [facebook.com/goodtoknow.co.uk](https://facebook.com/goodtoknow.co.uk)



No.1 for sensitive skin\*



Proven Skin Kindness

\*Based on AC Nielsen, MAT, 25th April 2015



# *To work?* **OR NOT** *TO WORK?*

Is it better for your children if you stay at home or could you be doing them a favour by having a job? *Essentials* investigates...



**G**uilt is an emotion that every mother is far more familiar with than they would like. You feel bad when you lose your temper with the kids, when you can't get them to sleep, when you succumb to their pleas for sweets. But perhaps the most guilt-inducing issue of them all is work. The funny thing is, it doesn't even matter if you work full-time, part-time or not at all. One way or another, part of you will worry that you haven't made the best decision for your children. But is there really such a thing as a 'wrong choice'?

## Working mum woes

Those of us who return to work full-time after having kids will know all about that wrenching feeling you get when you drop your little one at nursery. It's bad enough dealing with your own guilt without combining that with the sense of disapproval you feel from the stay-at-home mums (SAHMs) you pass on their way to soft-play, while you're screeching past in the car trying to shake the image of your sobbing child from your head.

It's a feeling reader Sarah Harris knows all too well. 'I've always loved my job as a buyer for a supermarket and although we could have scraped by on my husband's salary, I just didn't want to give it up. But that doesn't make it any easier to deal with the guilt when I drop my son off early at school or pick him up late from after-school club.'

For those of us who've returned to work out of financial necessity rather than desire, it can be even harder to rationalise your decision. 'I'm currently ten months into a 12-month maternity leave with twins and the thought of leaving them makes my heart ache,' says university lecturer Dionne Delves, 'but it's just not financially viable for me to stay at home. My first child, who is five now, went into nursery as soon as my maternity leave was over. It's not something my husband and I were able to discuss, we really had no choice.' And while the Government is continually introducing benefits for working mums, such as increased maternity leave, tax credits and free childcare, there are no state benefits

for stay-at-home mums, a fact that rules it out as an option for most women.

Research for the Department for Education last year found that more than a third of working mothers would like to give up their jobs and stay at home with their children, but according to the latest figures from the Office for National Statistics, only one in ten actually does. You may well envy those privileged few whose husbands earn enough to keep the family afloat, particularly as the new figures were announced in the news alongside 'warnings over the welfare of children'. But is the grass really greener - for the mums, or indeed for their children?

## Making sacrifices

'I chose to stop working when I had my second child because I genuinely thought it was the right thing for me and the kids,' says Imogen Edwards, who used to work as an office manager. 'But it was only a few months before I started feeling isolated, embarrassed and just less like myself. Eventually, I found myself losing patience with the children and became so scared that I'd start to resent them

that I'm now looking for part-time work so I can get something back for myself.'

It's not just the mums who could feel the negative impact of their decision to give up work, but also, ultimately, their daughters. According to a groundbreaking survey by the smart bods at Harvard

Business School, daughters of working mothers are more likely to be employed, earn more and have more senior positions than girls raised by a full-time parent. While sons of working mums were found to spend more time caring for family members in later life, a habit probably adopted from having to muck in from a young age by, say, finding their own PE kit, washing a few dishes or even (gasp) cooking a meal. The study concluded that

having a 'non-traditional role model' i.e. a working mother, gives children a more egalitarian view of genders, and what is 'right' and 'normal' for men and women. The suggestion being that the more common it is for mothers to work, the more gender inequality will be reduced.

That's a strong argument for heading into work every day.

## Full time fulfilment

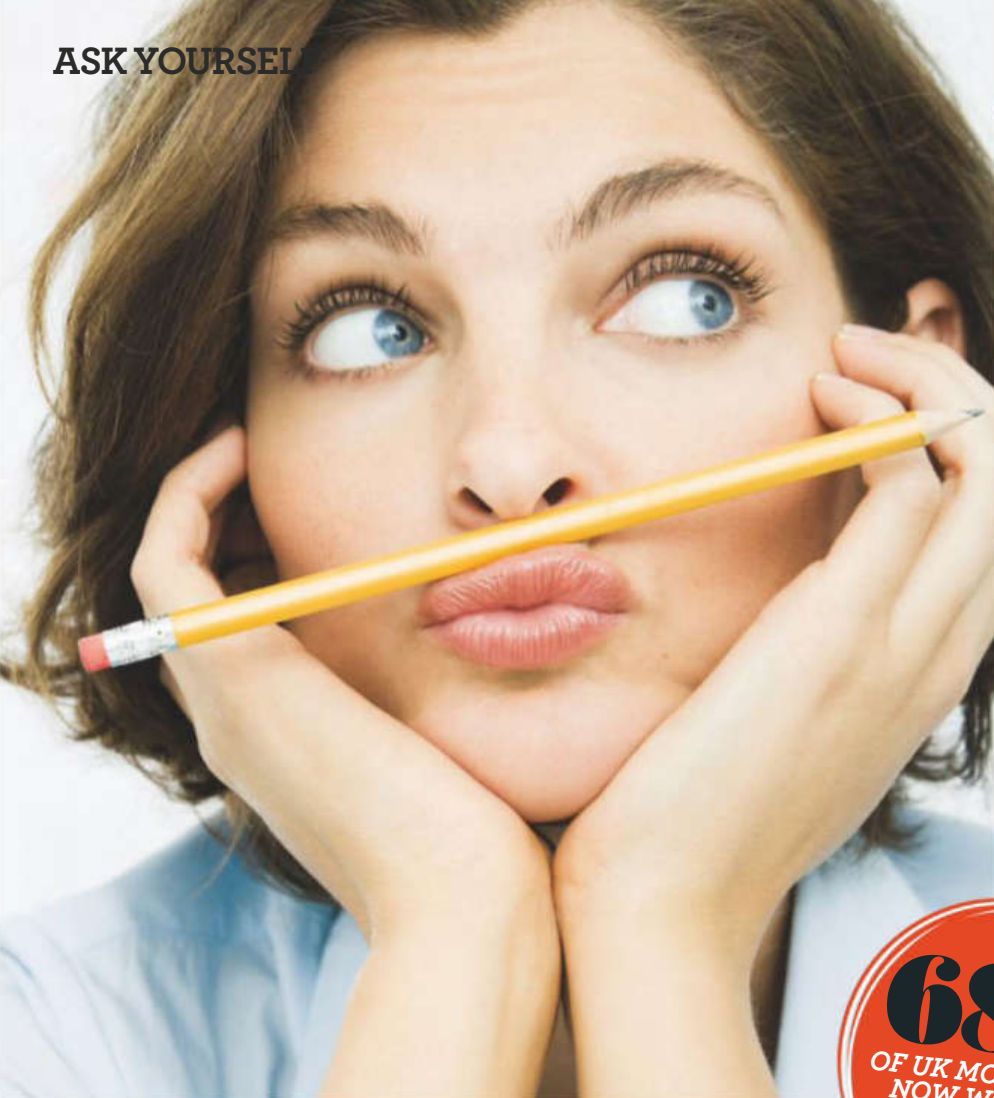
There are, however, women who are more than happy with their decision to be a SAHM, such as reader Vicki Child. 'I gave up a job as an HR manager to be

a full-time mum and I wouldn't want to change it for the world,' says Vicki, who lives in Essex with her husband and two children. 'I feel privileged that I get to see my son and daughter grow and develop every day, and be a full part of their lives. I realise it's not for everyone and we are fortunate to be in the financial position to be able to do it, which is why, although it's great that the Government is focused on providing more childcare, I think there should be more assistance for mums, so they have the option to stay at home, too.'

And if you working mums out there have felt judged by others, Vicki points out that it can be just as bad, if not worse, for the SAHMs among us who are often stigmatised: 'Sadly, there seems to be a general attitude that stay-at-home mums aren't contributing to society by not going out to work, and we are often expected to justify what we "do";' she ▶

**'I chose to stop working... but it was only a few months before I started feeling isolated'**





## Different strokes

So have mums like Anna-Lee achieved the elusive Holy Grail that is the perfect balance? Perhaps, but this way of working doesn't work for every mum. As mum-of-three Andrea Ventress discovered when she tried to swap full-time work as a magazine editor for a career as a freelance journalist: 'I thought that writing from home could solve the problem of juggling childcare and a job. But all I found was that I was constantly working and checking emails when I should have been watching the boys' swimming lessons or talking to them over tea. Being self-employed meant I couldn't ever switch off and I missed having co-workers to chat to.' Eventually Andrea found a part-time job in a local school. 'It was a bit of a wrench to give up my career as a writer,' she admits, 'but it gave me back my life. I only worked the hours I was employed to and when I was with my kids, I was really WITH them. Plus, I loved having colleagues, holidays and sick pay again!'

Evidently, there is no 'one size fits all' solution to the dilemma mums face when it comes to work. There are clear pros and cons to working full-time, part-time, or not working at all, and these vary from family to family. But rather than going away from this thinking 'we're damned if we do and damned if we don't', the important thing to realise is that you have to do what is right for YOU, refuse to judge other mothers for their choices and finally kick that ever-present guilt to the kerb. None of us are perfect parents. But we're trying our best. And that's all that matters.

**68%**  
OF UK MOTHERS ARE  
NOW WORKING –  
THAT'S THREE  
TIMES AS MANY  
AS IN 1951

says. 'Surely providing a secure learning environment for our children is an important role?!' Hear, hear!

## Home office

It is a wish to fulfil this role, while also earning, that has no doubt motivated other mums to find a way to keep working – but from home, which explains the huge rise in mums who blog, vlog and set up their own businesses.

One such 'mumpreneur' is Anna-Lee Kewley from Bournemouth, who was working in a building society when she decided something needed to change. 'The cost of childcare was horrendous and it was difficult having two kids to look after as a single mum,' she explains. Anna-Lee then noticed a gap in the market for fun, affordable baby clothes and realised she could fill it by designing and making her own. Her brand Baby Moo now has over 85,000 likes on Facebook and she sells to countries across the world.

'It's been a hard slog,' admits Anna-Lee, 'my working day revolves around the kids'

schedule. I box everything up when Reece is at school and pick Mia up from childcare and we go to the post office to drop off the parcels, then in the evening, I work on the marketing. But after a few years of working every day, I now make an effort to take time off and it's been great to finally find a balance between enjoying time with the kids and developing the business.'

## HOW TO MAKE IT WORK

### FIND A BALANCE

This will change as your priorities change, so make sure you evaluate your situation regularly and allow yourself to adjust. Make sure there's time for you in there as well, be it time to read a book or go for a session at the gym.

### ASK FOR HELP

Juggling work and family can be stressful, so talk to your partner about sharing tasks, ask a neighbour to carpool and get your parents to babysit so you can have a date night. There's no harm in asking, they can only say no!

### HAVE A BACK-UP PLAN

Knowing that your child is in good hands while you're at work is important. Around nine times a year, childcare falls through, so when this happens and you need a new plan in minutes, contact emergency childcare.co.uk.



# Ultimate Blends

HONEY TREASURES

BLENDED WITH ROYAL JELLY  
HONEY AND PROPOLIS

Our Honey Treasures collection for damaged hair that feels *strengthened* and *restored*.



**GARNIER**

Find your blend at  
[garnier.co.uk/ultimateblends](http://garnier.co.uk/ultimateblends)



Buttery  
**CRUMPETS**  
*-à la-  
Française.*



A British classic complemented by a French favourite. President butter is so delicious, you won't be able to say 'non' to another.



*avec plaisir*



# YOU & HIM



What to do when your man's up for trying something you'd really rather not...

## Is it time to break the last taboo?

**T**here'll always be things your man wants to try in the sack that'll leave you, well, running for the hills. It could be he's straying off course and heading towards a 'forbidden' area or maybe suggesting a different kind of movie night. And while it's important to respect each other's fantasies, you should never do anything you're not comfortable with just to please your other half. However, if his needs are arousing your curiosity, here's how to ease yourself in gently or suggest an alternative that'll turn you both on.

### He wants to... talk dirty

Men love dirty talk because it lets them know you're enjoying yourself and telling him he's 'so hard' and 'so big' is a major ego boost. However, if the thought of filthy chat makes you cringe, narrating what you're doing is a great alternative as it provides the script for you. 'I tell my man what I'm doing and how it feels,' says reader Jasmine Wilkes, 34, from Nottingham. 'Saying things like, "I love how hard you feel" is a massive turn-on for him and I don't feel uncomfortable.' If this still feels awkward, try taking a trip



### He wants to... watch porn

'Men watch porn because they are sexually stimulated by images,' explains sex expert Susan Quilliam. 'Porn offers sex with no emotional attachment and is in most parts created to fulfil men's primal sexual needs. No mess, no foreplay and of course, the woman involved loves it.' Watching porn with your man can be a turn-on, but many women find it embarrassing, offensive and intimidating. If you're intrigued, sites like joybear.com make female friendly porn for couples with the woman in mind. Try watching it on your own first and see how it makes you feel. And if it still isn't for you, reading erotica on sites like cliterati.co.uk might just get you (and your man) in the mood.

down memory lane. Reminisce about one of your favourite times. 'I loved it when you did that thing that time' is much easier to say, as you're not under pressure to be creative.

### He wants to... use the back door

'Physically, anal sex is tighter for men,' says Susan. 'And, as well as it being "the forbidden", they find it so arousing.'

If the thought terrifies you, but you're curious, experiment with toys, either solo or with your man. But if you'd rather not 'go there', then try a position that creates tightness for his penis. Lie on your front, with legs straight, but slightly parted, so he can enter you. Once he's inside and lying on top of you, close your legs and cross them at the ankles. This grips him tightly and creates intense friction.

### He wants to... add a guest star

'Inviting another woman into your bed is entering very dangerous territory,' warns Susan Quilliam. 'But role-playing the fantasy can be very sexy. Give her a name; imagine one of your hands is hers. Give him what he wants through fantasy.' Start slow and build up as you become more aroused. 'My husband expressed a desire for a ménage à trois, so we tried watching a threesome porn film,' shares reader Karen White, 36, from Bristol. 'He loved that I enjoyed it and it was a great way to experience it together in a way we were both comfortable with.'

### \* More HOT TIPS

For more exciting things to do in the bedroom, visit [goodtoknow.co.uk/sextips](http://goodtoknow.co.uk/sextips)





# 'We danced the pain away'

Strictly might be all glamour and glitter but, for these three women, taking to the dance floor means so much more

## 'Salsa classes helped rebuild my confidence after a divorce'

**SHARON LEARMOUTH, 34, IS A COMMUNITY CARER. SHE LIVES IN BASILDON WITH HER SONS, KIERAN, 16, BRANDON, 12, AND JOSHUA, 8**

**When I told my kids I was going to salsa classes, they couldn't stop laughing. I had barely been out of the house since getting divorced, so it was totally out of character.**

Like all marriages, we'd had our ups and downs. I'd had 13 miscarriages, which was difficult. Then my husband said if I kept putting on weight he would leave me. He kept making these comments and it knocked my confidence. I went up to 14 stone and hated the way I looked, so I avoided going out, I stopped chatting to the neighbours, and I lost all my friends. Then, after ten years together, we renewed our wedding vows, but sadly split up shortly after and in 2013 we got divorced.

Afterwards, I found it really difficult and I felt very lonely. Then one day at work, the son of one of my clients asked if I wanted to go to a salsa class with him. My confidence was so low, I said no, then seven

months later, he mentioned it again. He said I didn't have to dance with anybody, just go along and see what it was like.

I was at rock bottom and it was the kick up the butt that I needed, so I got him to teach me some basic steps before braving my first class. I hadn't danced for years and the thought of being in a room full of people was terrifying, but everyone was so friendly. I was

'The thought of being in a room full of people was terrifying, but salsa is my life now'

hooked straight away and soon made great new friends. Six of us have found more classes and now go together three times a week.

Salsa is my life now. It's made me feel like the person I was before I got married. People ask you to dance all the time and I've even been asked on a few dates. However, I'd rather not date anyone from class as I wouldn't want to risk not being able to go if it didn't work out!

**\* For more information on weekly salsa classes in Essex, visit [salsashine.org.uk](http://salsashine.org.uk)**





## 'Rock 'n' roll dancing brought me back to life after a serious illness'

**INEKE WOODS, 40, FROM KIDDERMINSTER IS REGIONAL SUPERVISOR FOR CEREBRA, A NATIONAL CHARITY FOR CHILDREN WITH NEUROLOGICAL CONDITIONS**

**I've been into the '50s era since I was 16. As well as the clothes, I loved rock 'n' roll, the sound of the double bass and the honky tonk piano – it makes me feel alive. It was always my dream to learn to dance, but I've got two left feet and never thought I could do it. I had the rhythm, I just didn't have the moves and I'd die of embarrassment if I went to see a band and someone tried to get me up.**

As I got older, I stopped dressing up and going to live gigs so much. I think I shied away from looking different and being who I wanted to be and became someone that I thought I should be.

Then, four years ago, I started to get stomach and chest pains and terrible heartburn. Certain things, like tomatoes or tea or coffee, could trigger it off and I'd get a burning sensation in my throat. I had tests and was diagnosed with gastric reflux disease and a hiatus hernia. I had to give up swimming, which I loved, and it affected my sleep. I also lost my voice for three weeks and had to have speech therapy, plus I put on weight and went from a size 14 to a size 20.

I put all my energy into my job, but was so shattered

at weekends, I couldn't do anything apart from sleep. I felt quite isolated and also guilty because I knew there were people worse off than me.

After two years, I had major surgery, which involved wrapping my stomach around my oesophagus. I lost nearly three stone in weight and my mood became quite low. I knew I needed something to get me out of the house once I'd recovered, so I decided to look online and typed in 'where can I find rock 'n' roll classes in the West

Midlands?' Immediately, Strictly Jitterbug popped up – it's a mixture of old rock 'n' roll, Charleston, lindy hop and swing.

It took a lot of courage to turn

up and walk in on my own. My palms were sweating and I could feel myself shaking, but everyone made me feel so welcome. It sounds daft, but I actually felt like Sandy in *Grease* being flung around the dance floor.

I feel like I've finally found something I want to do for ever. It has given me such a boost – I feel better about everything. Who cares if I like rock 'n' roll and wear my hair in a quiff? It's who I am!

**\* Strictly Jitterbug offer classes in Bedworth, Birmingham, Kenilworth and Rugby – for more details go to [strictlyjitterbug.co.uk](http://strictlyjitterbug.co.uk)**

**'It was my dream to learn to dance, but I've got two left feet and never thought I could do it'**



## 'Rediscovering my love for dance gave me my spark back after post-natal depression'

**CARLA BANKS, 31, IS A DANCE ACADEMY CO-ORDINATOR. SHE LIVES IN SUTTON WITH HER HUSBAND, DARREN, AND TWO CHILDREN, ARCHIE, 3, AND MATILDA, 4**

**I've loved dancing ever since I did my first ballet class when I was just two years old. I got bullied when I was young, so I'd dance to get away from it, and always found it a relief if I got upset or angry. When I left school, I went to a performing arts college and trained in ballet, jazz and contemporary dance, before getting a job as a dancer on a cruise liner in the Caribbean.**

But then, when I was 22, I landed awkwardly after a lift and pulled my hip. I had physiotherapy, but two years later it happened again. It was so painful that I had to give up dancing and come back to England, where I got a job in IT.

I got married and loved being a mum, but when I had my little boy, he was two months premature and suffered with silent reflux, which meant he was unable to settle for more than a few minutes at a time. I barely had more than an hour's sleep in ten months, which left me feeling hopeless. I wanted to help him, but couldn't. My daughter was only 15 months old at the time and it got to such a point that I never left the house. I felt like a zombie, I was crying all the time and I just didn't want to see anyone because I was so embarrassed about what I'd become.

Eventually I was diagnosed

with post-natal depression and reluctantly agreed to try medication. After a few weeks, I started to feel a bit better and tried a few mother and baby groups, which gave me lots of tips and motivation. I had so much more get up and go, I even started going to the gym again and found a dance-based fitness class, called FitSteps, incorporating ballroom and latin-style dance.

I had missed dancing so much, yet I was scared it would bring back all the emotions from before, when I'd had to give up, but my hip had healed and I loved it. It was fun and relaxed – just what I needed and I got my spark back.

I wanted to do more things and see more people, so I did cognitive behavioural therapy, which helped, and as the weeks progressed, I came off anti-depressants and started training to be an instructor.

**'I thought dancing again would bring back the emotions from when I'd had to give up'**

I ran my own fitness classes for a few months and eventually got offered a full-time job at a dance academy teaching ballet. I was finally doing what

I was meant to my whole life. I couldn't go back to not dancing again, it's part of me.

**\* If you're interested in learning to dance, visit [exercisemovedance.org](http://exercisemovedance.org) to discover what styles are available, search for a class or find out how you can train as an instructor**

**Feature** Ruth Addicott **Photography** Angela Spain **Hair & make-up** Liz Kitchner & Sarah Jane Green **Ineke wears** Dress: Lindy Bop ([lindybop.co.uk](http://lindybop.co.uk)), shoes: New Look **Carla wears** Top, leotard, tights, leg warmers, all Decathlon



# GOT TWO VERY FUSSY 12 YEAR OLDS COMING OVER FOR TEA? WE'VE GOT A RICE FOR THAT.



Kids eh? Who can keep up with what they do or don't like? So why not keep a selection from our Heat and Eat rice range handy? The delicious flavours are always a hit, not only with the kids, but adults too.

For recipe ideas from Madras to Milan visit  
[www.wevegotariceforthat.com](http://www.wevegotariceforthat.com)





# IT'S A CRIME!

The average Brit breaks the law 17 times a year and it appears you lot are no angels either...

## SMOKE SCREEN

My 17-year-old nephew is always asking me to buy him cigarettes on the sly... I've given in a few times, just don't tell his mum!  
Anonymous, via email

## SERIAL OFFENDER

I've pinched a few hotel toiletries... I've also had sex outside a few times... and I stole a magazine once!

Lisa Dolatowski  
via Facebook

## STICKY FINGERS

When I'm in the supermarket I'll eat something and then I don't pay for it!  
Shantelle Yanuli Kuvlone, via Facebook

## UNDER AGE

My baby-faced 15-year-old just happens to always be 'only 12' when we go somewhere and children are free!  
Kirsty Spencer, via email

## HI-TECH BLAG

My hubby's connected our laptop to the TV so we can watch films before they come out...

Anonymous, via email

## DIAL & DRIVE

I use the phone in the car – doesn't everyone?

Olivia Harrison, via email

## PINCH & GO

My cupboard is full of glasses my husband's nicked from the pub after a few too many!  
Sarah Gilling, via email

## PERK OF THE JOB

Office supplies! Well, my kids always need new books and pens for doodling.  
Anonymous, via email

## PETTY BEGINNINGS

When I was nine my Mam had a chemist shop, but she sold Black Jacks and Fruit Salad chews, too. I stole one once and got caught by Margaret our shop assistant. I was in a LOT of trouble for a sweet that was 4 for a penny!  
Lel Vest via Facebook

## SPEED QUEEN

I can't say I always stick to the speed limit when I'm late to pick the kids up from school...  
Anonymous, via email

## SWAG BAG

I'm like Ross from *Friends* when I stay in a posh hotel – if it's not glued down, it's going in my suitcase!

Jane Jones, via email

## \* Now you CONFESS



Tell us your covert crimes at [essentials\\_feedback@timeinc.com](mailto:essentials_feedback@timeinc.com)



---

# *'I don't want TO DIE'*

When Leanne Arnold woke with a pounding headache  
after a party, she thought it was just a hangover.  
But the truth was far more sinister



**P**ins and needles course through my body and my head feels like it's going to split with pain – I'm groggy and incoherent. Slowly, a stroke is taking hold of me, and the only words that remain clear in the fogginess of my mind are these: 'I don't want to die'...

When it comes to our health, a lot of us are guilty of thinking we are invincible. We never think the roulette wheel will land on us, that we might be the ones to become an unlucky statistic. And maybe that's unrealistic. But at 32, and known among my friends as the healthiest person they'd ever met, I never expected my brain to start bleeding one day, almost killing me. A stroke? Me? Surely not.

## Filled with terror

It was July 2014 and I'd spent the day enjoying the sunshine and a few glasses of punch at a friend's barbecue. I've never been a big drinker – in my eyes, the key to a healthy lifestyle is moderation and restraint. It's all about pushing to work that bit harder at the gym and willing yourself to resist the siren call of junk food. I used to work as a trainer, so I'd earned a reputation among my friends as being a bit of a health nut.

Even so, I figured a few drinks wouldn't hurt. Nothing too wild, just a couple of glasses to be sociable and get in the spirit.

I didn't even feel drunk, but the next morning, a strange blariness began to cloud my head. Not especially panicked, I decided the best thing to do was sleep it off. But a few extra hours' rest didn't quite have the medicinal affect I'd hoped that it would.

Within hours, my head was throbbing. At first, I figured it was just a reaction to the alcohol.

Perhaps my body just wasn't used to booze any

more? But as the day wore on, the pain in my head amplified – along with the terrifying realisation that I might be dealing with something much more sinister than your average hangover.

When waves of pins and needles began to pulsate through my body, I decided to call my dad for help. I fought to stay calm, but the rational thoughts I had neatly organised in my mind were coming out in a garbled tangle of words. I wasn't making any sense, and I didn't know why. As we spoke and I tried desperately to coherently explain my symptoms, my blinding headache gave way to dizziness and I collapsed, crumbling to a heap on the bedroom floor.

Would it be clichéd to tell you that, at this point, my life flashed before my eyes? Because it did. My teenage daughter Lauren was asleep in the room next door. One little wall separated her, dozing soundly, from me, slumped on the floor, fighting to stay conscious. All I could think about was how she would cope if anything happened to me. The thought of leaving her all alone was terrifying.

## The waiting game

I didn't know it at the time, but my dad had been worried about the state I was in when I spoke to him on the phone, so he'd called an ambulance to ask them to come and check on me. His quick thinking saved my life. By the time the paramedics arrived, I could barely remember my name, let alone walk. I was rushed to hospital, where doctors battled to find out what was wrong with me.

An MRI scan revealed the awful truth – I'd had a stroke. A blood clot had been silently settling at the bottom of my head. Even now, I can't bring myself to think about what could have happened if I shrugged my symptoms off as a hangover any longer, or if my dad hadn't had the presence of mind to make that quick call for an ambulance.

I don't remember much about the next few days. It's a blur of tests, doctors and medical jargon, punctuated by snapshots of the few clear memories my mind managed to capture. After a fortnight I was allowed to go home. But for four long weeks after that, I still couldn't walk, talk or feel anything down the right-hand side of my body. I had no idea whether or not the damage was permanent. Only time would answer that question for me.

## Living life to the full

I threw myself into my rehabilitation. An amazing team of specialists helped me, as I navigated my way around learning to

walk and talk all over again, as a thirty-something woman. It was a tough road, but slowly I began to see glimpses of my old self reappear. And within three months, I was back at work. Then, defying the grave odds that had been stacked against me ever since that horrifying day, I built up enough strength to go on a dream skiing holiday to Austria for the New Year.

Since then, I've been raising money for Grimsby

Hospital and Scunthorpe Stroke Unit who, in no uncertain terms, saved my life, along with Stroke Association. I just want to give something back so I'm speaking out in the hope that I can raise awareness of the signs and symptoms people should look out for in themselves or others. If my story helps just one person out there, that's good enough for me.

I've been told I could still be at risk of another brain bleed, so I have to take tablets to make sure this doesn't happen, but I've promised myself that I won't live in fear. Yes, I am a cautionary tale. A harrowing reminder that strokes can happen to anybody at any age. But that doesn't mean I have to live with caution. I had a full, active life before – and I'm determined to keep living it to the full.

**\* For details on the signs and symptoms of a stroke, go to [stroke.org.uk](http://stroke.org.uk)**



As one fifth of The Saturdays, Frankie Bridge has spent years sandwiched between her pop pals Rochelle Humes, Una Foden, Mollie King and Vanessa White. But over the past year, as the girls stepped back from band duties to focus on solo ventures, Frankie, 26, has proved that she can fly solo too. Last year, she conquered her fears of performing alone to finish second on *Strictly*; then in January, she and former footballer husband Wayne Bridge, 35, revealed they were expecting a sibling for their two-year-old son, Parker. On 15 August, baby Carter arrived to a joyous fanfare: 'He is absolutely perfect – Parker is so excited to be a big brother!', tweeted Frankie, hours after the birth. But life hasn't always been easy for Frankie. The Essex-born singer, who found fame at the age of 12 in S Club Juniors, began suffering anxiety and panic attacks at the age of 15 and in autumn 2011, she was hospitalised for one month with depression. However, it's clear that Mrs Bridge is now the happiest she's ever been – and she credits Wayne for being such a supportive husband and father.

# Frankly SPEAKING

Pop star and proud mum of two, Frankie Bridge talks depression, discipline and being a softie when it comes to her beloved boys



### Since becoming parents, Wayne and I have learned a lot about each other.

You never know what a guy is going to be like before a baby comes along, but Wayne is just so hands on, especially now he's retired. He's the stay-at-home dad and does everything and more – and he's great at it. I love a new thing about him every day. There's no 'I'm not changing a nappy' in our household!

**I'm less anxious as a mum the second time around because I know what to expect.** I had no idea before Parker was born, so I've learned all my mistakes with him – rocking him to sleep, laying with him until he falls asleep – everything that people tell you not to do, but you still do.

**Wayne thinks I'm too soft.** He's much stricter than I am with Parker, probably because he's at home a lot more with him. Parker listens to Wayne whereas if I say 'no' he laughs at me. If Wayne tells him off, he comes to me for cuddles. This time around I'm up for being a bit harder, but we'll see.

**My sister Tor came up with the name Carter.** We couldn't think of a name we liked, then one day Tor texted me saying what about Carter? And we both really loved it. It's a bit confusing as it does sound a bit like Parker, but we love it! I'm so lucky that both kids have been really chilled out. There's definitely been some trying times and some sleepless nights, but they're both super-good natured.

**When I was pregnant with Parker, I was worried about post-natal depression.** But it can happen to any woman, whether you've had depression before or not. The first time round, I also had a fear that my body would never be the same again, but this time I didn't have water retention nor did I put on as much weight.

**I wish I had Wayne's discipline to exercise.** He's so committed, but he's spent his whole life doing it. He'll go on the bike for 40 minutes and sweat loads, while I'll have done a round of the gym and only just be breaking into a sweat. I used to do

a bit of boxing with him and he'd really push me. When I'm in the zone, I'm in the zone and when I fall off, I just eat pizza all day. I try to be healthy as much as possible, but if I'm bored, I'll eat.

**As parents, your whole life becomes about your children, but it's important to have 'our' time, too.**

We don't put pressure on ourselves to go out every week. To me, our alone time is at night when we're chilling, watching telly and having dinner together.

**I'm loving the new series of *Strictly***

I'm loving the new series of *Strictly*. Competing last year was one of the bravest things I've ever done'

***Come Dancing*.** Competing on last year's show was one of the bravest things I've ever done. When there are four other girls on stage with you, there's a chance that eyes aren't always on me, but on *Strictly* I felt under massive pressure because attention was on me all the time. But I did it!

**All *The Saturdays* are good for advice.** We have a group chat on Whats App, so it tends to be a team effort. We always chip in and have our own opinions because we all deal with things differently. We're harsh with our opinions – you might not want to hear it, but you're going to!

**I can never get rid of Mollie.** She lives the closest to me and whenever she says she's popping over, she won't leave. I feed her breakfast, lunch and dinner, then I'm



From the glamour of performing with *The Saturdays* to enjoying quality time with her family, Frankie's the happiest she's ever been



like 'Mollie, are you going home now? I need to go to bed!' It's nice we have that sort of relationship. She's like a sister, I can just say it like it is.

**It's important to me that I use the position I'm in to help other people.**

I've done a lot of work with Marie Curie over the years to help them raise funds for people living with terminal illness and I'm excited to be part of their new FeelSuper Campaign. I've been to hospices and met a lot of the nurses and patients – everyone in there is so positive and upbeat. It makes you realise what's important in life.

**\* It's easy to join Frankie in supporting the Superdrug and P&G FeelSuper Campaign. Each time you buy any P&G product at Superdrug, a donation will be made to Marie Curie. Find out more at [superdrug.com/feelsuper](http://superdrug.com/feelsuper)**

## MY BIG LOVES

### ♥ HIGH HEELS

The best invention ever. I can't count how many pairs I have. It's probably best not to know!

♥ **THE GRUFFALO**  
We read it most nights.

Parker loves it because it rhymes. It teaches children to believe in themselves however small they might feel.

### ♥ STRAWBERRIES AND YOGURT

It's my favourite dessert. They have to be British strawberries because they're always the best.

### ♥ OLAY RADIANCE ILLUMINATOR MOISTURISER

This two-in-one product is just what I need when I don't have much time on my hands. It gives my skin an instant healthy glow and means that I don't need to wear any heavy foundation.

## Yes! I would like to subscribe to **Essentials**

Please tick your preferred payment method:

- ☐ **BEST OFFER!** UK Direct Debit: Pay only £22.99 per year, saving 43% (full price £40.88)
- ☐ UK 1-year cheque/cash/credit or debit card (12 issues): Pay just £23.99, saving 41% (full price £40.88)
- ☐ UK 2-year cheque/cash/credit or debit card (24 issues): Pay just £46.99, saving 42% (full price £81.76)

### YOUR DETAILS

Mrs/Miss/Ms/Mr \_\_\_\_\_ Forename \_\_\_\_\_

Surname \_\_\_\_\_

If you would like to receive emails from Time Inc. (UK) Ltd and *Essentials* containing news, special offers and product and service information, and take part in our magazine research via email, please include your email address.

Email address \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Home tel no (inc area code) \_\_\_\_\_

If you would you like to receive messages to your mobile from Time Inc. (UK) Ltd and *Essentials* containing news, special offers, product and service information, and take part in our research, please include your mobile number.

Mobile \_\_\_\_\_

Date of birth

### I WOULD LIKE TO SEND A GIFT SUBSCRIPTION TO

Please fill out both the recipient's details below and the 'Your details' section above. To give more than one subscription, please give address details on a separate sheet.

Mrs/Miss/Ms/Mr \_\_\_\_\_ Forename \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

### CHOOSE FROM THREE EASY WAYS TO PAY...

**1** Pay £22.99 per year by UK Direct Debit - saving 43%

**Instruction to your bank or building society to pay Time Inc. (UK) Ltd by Direct Debit**

For office use only: Originator's Reference - 764 221

Name of bank \_\_\_\_\_

Address of bank \_\_\_\_\_

Postcode \_\_\_\_\_

Name of account holder \_\_\_\_\_

Sort code    Account no

Instruction to your bank or building society Please pay Time Inc. (UK) Ltd Direct Debits from the account detailed on this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Time Inc. (UK) Ltd and, if so, details will be passed electronically to my bank or building society.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(I am over 18)

**2** I enclose a cheque/postal order made payable to Time Inc. (UK) Ltd for the total of £

**3** Please debit my: ☐ Visa ☐ Delta ☐ MasterCard ☐ Amex ☐ Maestro (UK only)

Card no

Start date (Maestro only)    Issue No (Maestro only)     Expiry date

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(I am over 18)

### SEND COMPLETED COUPON TO

**Essentials Subscriptions, FREEPOST RTKA-YLJG-HAAK, Time Inc. (UK) Ltd,**

**Rockwood House, 9-16 Perrymount Road, Haywards Heath RH16 3DH (UK only)**

Offer open to new subscribers only. Closing date for all orders is 2 February 2016. Allow up to six weeks for delivery, eight weeks for overseas orders. Direct Debit offer available to UK subscribers only. Orders purchased as a gift before the 11 December will start with the February 2016 issue published in January. Gift orders purchased after this date will begin with the first available issue. If you would like your gift subscription to start with an earlier issue, contact customer services on +44 (0)330 333 0233.

Orders purchased for yourself will start with the next available issue. The digital version comes free with the print edition of your subscription and is available strictly on a trial basis. Time Inc. (UK) Ltd reserves the right to withdraw free access to the digital version at any time. The full subscription rate is for 1 year, 12 issues and includes p&p. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. Credit/debit card charges will be taken in sterling. \*\*We have welcome gifts available for the first 150 UK subscribers. In the event that we run out of this gift, we promise to offer you a discount on the price or an alternative gift of the same or greater value. Your gift will be delivered separately within 28 days after your first payment has been taken. Gifts are not available for magazines delivered overseas. For enquiries and overseas rates, contact [magazinesdirect@quadrantsubs.com](mailto:magazinesdirect@quadrantsubs.com) or call +44 330 333 0233. *Essentials*, published by Time Inc. (UK) Ltd, will collect your personal information to process your order. *Essentials* and Time Inc. (UK) Ltd would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Tick here if you prefer not to hear from Time Inc. (UK) Ltd ☐. Time Inc. (UK) Ltd may occasionally pass your details to carefully selected organisations so that they can contact you by telephone or post with regard to promoting and researching their products and services. Tick here if you prefer not to be contacted ☐. Time Inc. (UK) Ltd who publish *Essentials* would like to send messages to your mobile with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive messages, tick here ☐. Time Inc. (UK) Ltd would like to email you with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive these messages, tick here ☐. The Rewards scheme is available for all active print subscribers of magazines published by Time Inc. UK, free of charge. It is also available to digital subscribers as long as the subscription has been purchased directly through the publishers at [magazinesdirect.com](http://magazinesdirect.com). Only the recipient of the subscription is entitled to access Rewards. While most offers are only available in the UK, some will be open to subscribers based overseas. Full terms and conditions are available at [mymagazinerewards.co.uk](http://mymagazinerewards.co.uk).

CODE: BKF5

## GO DIGITAL - IT'S FREE! DOWNLOAD IT RIGHT AWAY

Every subscription package includes access to the digital version for iPad and iPhone\*



### 3 great reasons to subscribe

- \* **SAVE MONEY ON THE COVER PRICE**
- \* **ENJOY DELIVERY DIRECT TO YOUR DOOR**
- \* **NEVER MISS OUT ON AN ISSUE AGAIN!**

### 3 easy ways to order

- \* **VISIT** [essentialssubs.co.uk/nov15](http://essentialssubs.co.uk/nov15)
- \* **CALL** 0330 333 4555  
Lines open 7 days a week 8am-9pm (UK time).  
Quote code BKF5
- \* **COMPLETE** the coupon on the left

**THE DIRECT DEBIT GUARANTEE** This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Time Inc. (UK) Ltd will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request Time Inc. (UK) Ltd to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, by Time Inc. (UK) Ltd or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Time Inc. (UK) Ltd asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.



# SUBSCRIBE

from just £22.99 this Christmas

**PLUS!** You'll receive a welcome gift from Yardley London worth £19.99\*\*



*Yardley London Polaire is the epitome of understated '20s-inspired glamour.*

*Your gift set will include Eau de Toilette and Body Lotion in the seductive Polaire fragrance – a modern floral chypre opening with a fresh, fruity top note of pear and freesia, and a spicy floral heart of rose, ginger and pink pepper, all finished off with a sensual base of patchouli, amber and balsam... mmm fabulous!*





# Come spa with Essentials at Ragdale Hall

Treat yourself to some first-class pampering from just £299 per person



## DATES

- \* 11 TO 13 OCTOBER 2015
- \* 24 TO 26 JANUARY 2016
- \* 10 TO 12 APRIL 2016
- \* 26 TO 28 JUNE 2016
- \* 25 TO 27 SEPTEMBER 2016
- \* 20 TO 22 NOVEMBER 2016
- \* EXTRA NIGHTS AVAILABLE

## PRICE INCLUDES

- \* **TWO NIGHTS** (Sunday and Monday) with breakfast in bed, lunch and dinner
- \* **PRE-DINNER DRINKS** with the *Essentials* team and Sunday prize draw
- \* **FREE** robe hire, use of spa facilities, exercise, relaxation and water classes, use of the gym and Thermal Spa
- \* **FREE** 50-minute Pure Radiance Facial and FREE 25-minute Soothing Back Massage
- \* **FREE** \*Clarins Relax Bath & Shower Concentrate (100ml)
- \* **FREE** \*Clarins Body Treatment Oil (30ml)
- \* **VALET PARKING AND REFRESHMENTS** on arrival (2 to 4pm), plus orientation tour
- \* **MAKE-UP AND SKINCARE ADVICE** with Clarins
- \* **RAGDALE FASHION SHOWCASE** with 10% discount at the Ragdale Boutique



**DON'T FORGET** to take a look at the menu of treatments on offer at [ragdalehall.co.uk](http://ragdalehall.co.uk) and make sure you pre-book to avoid disappointment.

**PRICES** are per person, based on two people sharing and include VAT. A choice of room types, including triple rooms, is available on request. All breaks are two nights. Images used in conjunction with and offer operated by Ragdale Hall, a company wholly independent of *Essentials*, published by Time Inc.

## TO BOOK call 01664 433 000



# EASY Beauty

GoodtoKnow.co.uk



HI THERE!

SARAH ALLARD REVEALS  
ALL THE BEST TRICKS  
TO LOOKING GORGEOUS  
IN NO TIME AT ALL...

## VERY BERRY

Embrace a darker hue and update your make-up bag with one of these flattering shades. Love a glossy look? Then try **MAC Vamplify in Peer Pressure, £18**. It has serious staying power, while matt lovers should opt for **Gosh Velvet Touch Lipstick in plum, £6.99**. Or treat yourself – you can get six shades in one with the **B Kissable Lip Palette, £9.99**.

For some indulgent beauty inspiration, check out our Pinterest page at [pinterest.com/GTK\\_essentials](https://www.pinterest.com/GTK_essentials)



**TRIED  
TESTED  
LOVED**

Fans of natural skincare queen, Liz Earle, rejoice! Her new Superskin Face Serum promises to be a bestseller.

Formulated with potent plant extracts, it left my skin looking radiant. Plus, its £48 price tag works out at just 53p a pump, not bad for a youthful glow.

**£150**  
a month  
IS THE AMOUNT  
THE AVERAGE BRITISH  
WOMAN SPENDS  
ON HAIR  
AND BEAUTY\*

## IF YOU BUY ONE THING...

Make it my new go-to fave, **Estée Lauder Double Wear Compact, £33**. It's a liquid foundation in a compact that gives a hydrating finish lasting eight hours – all at the push of a button. Flawless skin and no mess in your handbag, has to be a win-win.

Follow our step-by-step natural make-up masterclass at [goodtoknow.co.uk/naturalmakeup](https://www.goodtoknow.co.uk/naturalmakeup)



## 3 STEPS TO... ENERGISED EYES

1. Look wide awake no matter how late you went to bed, thanks to **Vichy Aqualia Thermal Awakening Eye Balm, £15** – a daily treatment that freshens and hydrates, fast!
2. Lids will be looking oh-so dreamy after a swipe of **Benefit Air Patrol, £21.50**, a soothing BB cream and primer in one.
3. Treat eyes to a relaxing bedtime ritual with **Olehenriksen Ultimate Lift Eye Crème, £36** – it contains oat kernel extract to instantly lift and tighten, and hyaluronic acid to plump.



# SAVE 20% at Fingleaves

It's time to sizzle in some  
fabulous new luxe lingerie  
– and save £££s into the bargain!

Whether it's great-fitting lingerie for you or you're an early Christmas shopper looking for the perfect gift for a friend, get ahead of the game and check out the beautiful Rosa Faia range at [figleaves.com](http://figleaves.com). The sensuous designs offer a layer of luxury that will leave you feeling fabulous from the inside out. Choose from styles like the sophisticated Josephine (right), the sexy Scarlett, or the super-comfy, best-selling Twins – whatever you decide on, we've arranged a great saving for all *Essentials* readers. Just go online and start shopping now.

## HOW TO CLAIM YOUR 20% DISCOUNT

Simply go to [figleaves.com](http://figleaves.com) and enter **ANITA20** at the checkout once you've finished shopping to receive 20% off Rosa Faia bras and briefs. The offer is open from 1 October to 10 November 2015.

 [figleaves.com](http://figleaves.com)

TERMS & CONDITIONS Fingleaves is giving *Essentials* readers a 20% discount on the Anita Rosa Faia collection until midnight on 10 November 2015. The discount code is ANITA20. Discount only applies to the Anita Rosa Faia styles. For full terms and conditions, go to [figleaves.com](http://figleaves.com)





WORDS & STYLING JESS HENLEY  
PHOTOGRAPHY BILLIE SCHEEPERS

# Essentials EASY BEAUTY AWARDS 2015

The 25 most essential  
beauty buys – as  
voted for by YOU!

**W**elcome to the Essentials Easy Beauty Awards 2015. Thousands of you told us about all your favourite buys – from the practical multi-taskers that shave minutes off your regime, to the top budget buys that give you a sneaky midweek beauty boost – and the winners are...





ISO 64



# Budget BUYS

ALL  
UNDER  
£10

You're onto a winner when great  
products cost so little

## DOVE SILK GLOW SHOWER GEL, £2.59

For an early morning pick-me-up, you love how this body wash leaves your skin glowing and ready for the day.



## VASELINE LIP THERAPY ROSY LIPS, £2.03

To keep lips kissable, this affordable balm gives you the ideal combination of moisture with a rosy tint.

## BARRY M NAIL PAINT, £2.99

With nails being the ultimate accessory, you love getting yours dolled up with this polish that gives a pro-mani finish.



## VO5 HEAT PROTECT STYLING SPRAY, £4.19

However much you blow-dry your hair, you agreed this was the best at keeping it in tip-top condition.





Essentials  
**EASY  
BEAUTY  
AWARDS  
2015**

# Multi TASKERS

These are front-runners when you  
want to save space and money



**GARNIER BB CREAM  
MIRACLE SKIN  
PERFECTOR ALL-IN-  
ONE SPF 15, £9.99**

When you want lighter coverage than your usual foundation, you love how this blurs any fine lines and leaves your skin glowing and protected from the sun.



**PAUL MITCHELL  
FIRM STYLE FREEZE  
AND SHINE SUPER  
SPRAY, £13.25**

You love how this gives your style perfect hold (without being crunchy) while leaving a glass-like shine on your hair.



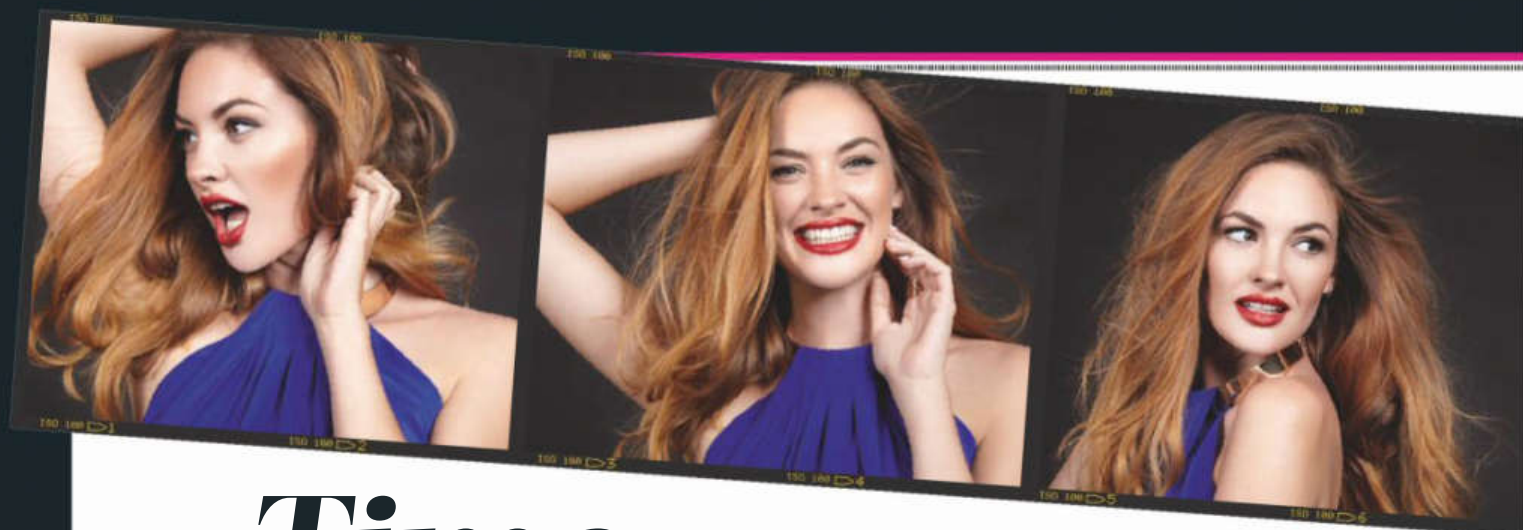
**NIVEA Q10 PLUS  
FIRMING BODY  
LOTION, £5.25**

As well as keeping your skin baby soft, this cream is your go-to for firming up and smoothing, too.

**BENEFIT CHA CHA  
TINT, £24.50**

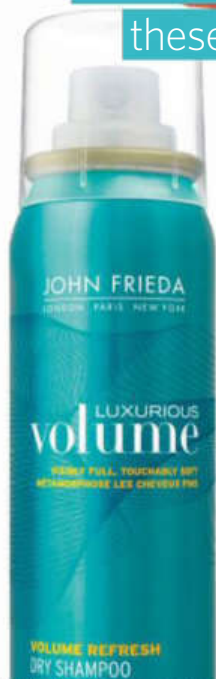
Polishing your look by matching cheeks and lips has never been easier for you than by dabbing on this peachy stain.





# Time SAVERS

When speed is of the essence,  
these take some beating



**JOHN FRIEDA  
LUXURIOUS VOLUME  
REFRESH DRY  
SHAMPOO, £5.89**

No time to wash your hair? You're obsessed with how a quick spritz of this gives you an extra day's grace.



**MAX FACTOR  
LIPFINITY LONG  
LASTING LIP  
COLOUR, £10.99**

With seven shades to choose from, you love this lipstick's intense colour, along with the high-shine gloss option to ramp it up.



**SIMPLE KIND TO  
SKIN CLEANSING  
FACIAL WIPES,  
£3.25**

An all-time favourite, these wipes still reign top of your list as the best way to cleanse and remove make-up in seconds.



**NIVEA IN-SHOWER  
BODY  
MOISTURISER,  
£3.69**

With precious little bathroom time, this in-shower moisturiser saves you the job of slapping on the cream afterwards. Just shower and go!





# Cult CLASSICS

There are reasons why you always go  
back to the original and best

**GILLETTE VENUS  
CLASSIC RAZOR,  
£7.99**

For silky smooth legs, this razor is still your top pick for smooth skin that won't feel irritated.

**YSL TOUCHE  
ECLAT, £25**

The definitive illuminator - nothing comes close to this all-time classic. It still tops the charts at hiding dark circles and making your skin glow.

**CHANEL COCO  
MADEMOISELLE,  
£68**

A light, fresh floral scent, you don't want to spray on anything else and we can understand why! Truly feminine, it gives you your chic, designer hit.

**LIZ EARLE CLEANSE  
& POLISH HOT  
CLOTH CLEANSER,  
£15.50**

The Rolls-Royce of cleansers, this cleans and brightens your complexion like no other face wash. It's your firm favourite.

**GHD CLASSIC  
STYLER, £129**

Whether you're going for straight locks or curls, this is the only hair tool you'll consider.

CLEANSE & POLISH™  
HOT CLOTH CLEANSER  
NATURALLY ACTIVE INGREDIENTS™  
ROSEMARY, CHAMOMILE,  
COCONUT BUTTER AND  
BUCKWHEAT ESSENTIAL OIL  
Cleanses and gently exfoliates  
for smoother, clearer skin

LIZ EARLE  
NATURALLY ACTIVE™

100ml e 3.3 FL.OZ



# Problem SOLVERS

Keep bugbears at bay with your  
pick of the best beauty fixes

## HEAD & SHOULDERS SMOOTH & SILKY SHAMPOO, £2.99

Dandruff? What dandruff? You say that washing your hair with this shampoo leaves it healthier than ever.



## OPI GLITTER OFF NATURAL NAIL BASE COAT, £12.50

In your droves you agreed that getting off glitter polish is a stress of the past if you use this peel-off base coat first.



## LIZ EARLE INTENSIVE NOURISHING TREATMENT MASK, £15

For an immediate skin fix you can't get this mask onto your skin quick enough. Hello super-soft, problem-free skin in minutes!

## DOVE INVISIBLE DEODORANT, £2.99

If you're dressing in a bit of a hurry, it's so irritating when you get deodorant marks on your top. But no need to worry when you use this invisible anti-perspirant.





180 64

Essentials  
**EASY  
BEAUTY  
AWARDS  
2015**



# Family FRIENDLY

It's not just about you, so these are the products you've picked that you'll share



**NIVEA PEARLY SHINE  
LIP BALM, £2.15**

A bit of iridescence makes anyone's lips look lovely, so you agree that husband, sons, mums and daughters happily share this balm.



**TANGLE TEEZER,  
£10.99**

For short or long, thick or fine hair, this is your top brush that works for everyone.

**BURT'S BEES  
BEESWAX LIP BALM  
TUBE, £3.69**

Chapped lips affect us all, so you always have a few tubes of this hydrating balm for everyone to use.



**VASELINE  
INTENSIVE CARE  
BODY LOTION,  
£3.29**

Super-sensitive, this is top of your list to moisturise everyone in the family's skin.



Essentials  
**EASY  
BEAUTY  
AWARDS**  
**2015**

**WORTH  
OVER  
£385**

One lucky *Essentials* reader can win all these fantastic products

Update your make-up and beauty collection with the best of the best you see here - all you need to do to have a chance of winning this fab cache of products is go to [goodtoknow.co.uk/youreasybeautyawards](http://goodtoknow.co.uk/youreasybeautyawards)





 Now, Dove brings the worlds of dermatological care and spa together.

For the first time ever, Dove has brought its latest advancements in dermatological care to a collection of hand and body care products as luxurious as any found at a spa. Lustrous gels, velvety lotions, and silky oils enriched with Cell-Moisturisers™ – key moisturising actives that work at the heart of skin cells\* leaving them full of moisture. Dermatological care for spa-quality skin. It's a beautiful way to get in touch with your body.

New *Dove* DermaSpa

SPA EXPERIENCE. DERMATOLOGICAL CARE

**Feature** Meghann Thorp **Photography** Rex; Full Stop





 Luminous, even, velvety soft skin begins today.

Give your skin the three things it wants most with new Dove DermaSpa Goodness<sup>3</sup>. Indulge in the touch of luxurious creams and blend of silky oils rich in omega and Cell-Moisturisers™ that leave dry skin feeling full of moisture. It's dermatological care for spa-quality skin.



New *Dove* DermaSpa

SPA EXPERIENCE. DERMATOLOGICAL CARE

# BRONDE *Ambition*

The newest hair colour everyone is loving – try it once and you won't look back – this will be your hottest style yet, we promise!



Light honey shades frame Sarah Jessica Parker's face and enhance her blue eyes

## THE LOW-DOWN

Bronde is where glamour meets natural beauty, brunette meets blonde, and high fashion meets low maintenance. The look works on any skintone and face shape. It merges highlights or lowlights with your own colour, making root nightmares a thing of the past... hurray!

## HOW TO WORK IT

If you've got dark hair, you'll add lighter notes for a sunkissed look, if you're a blondie, you'll be pulling darker hues through your lengths for more depth. Celebrity colourist Jack Howard at Paul Edmonds calls bronde 'the fresh and effortless look of the modern woman'.

Beyoncé flaunts her bronde with long 'n loose waves



Always been a brunette? Go for a gentle touch of bronde like Kate Beckinsale





The lighter tones of bronde really lift styles like Alesha Dixon's sleek pony

## The Rules

### \* LESS IS MORE

Make sure your lightest or darkest colour is never more than three shades away from your natural one.

### \* FRAME YOUR FACE

'Keep your lightest colour on the sections of hair around your face,' says Jack Howard, it will brighten your features and make your skin look more radiant.

### \* KNOW YOUR LINGO

Avoid any mention of 'ombre' or 'dip-dye', which mean using a black

colour at the roots that fades to a much lighter shade at the ends. Instead, ask your colourist to use the 'balayage' technique - they'll paint the colour freehand through your hair giving a softer, more even look.

### \* USE YESTERYEAR

Dig out pictures of hair colours you've had over the years and take them to your appointment. Discuss what you loved and what you hated - it will help your colourist when it comes to choosing which tones to use on you.

Jessica Alba matches honey-toned hues with a glossy bob for full-on glamour



Jennifer Aniston chooses the caramel side of bronde for that golden girl glow



Lisa Snowden's warm brown tones show off her sunkissed skin perfectly

## YOUR BRONDE GODDESS KIT

### ALL YOU NEED TO GET THE LOOK



#### COLOUR IT

L'Oréal Preference Glam Bronde, £6, is your go-to kit for acing the look at home - just make sure you follow the instructions!



#### LATHER UP

Keep brassy tones at bay with the purple tones in John Frieda Sheer Blonde Colour Renew Tone-Correcting Shampoo, £5.89.



#### A BOOST OF OIL

Lightening your ends makes them brittle, so inject some TLC with Lee Stafford's Bleach Blondes Golden Girl Oil, £9.99.



#### TREAT TRESSES

Give your hair a weekly dose of Phytobaume Colour Conditioner, £14.50, to help your new shade last longer.



#### SECRET WEAPON

Less salon visits may mean your greys need the odd touch-up, so keep the Josh Wood Root Concealer, £12.50, handy just in case.



# HOT RIGHT NOW

ALL UNDER £10!

## BERRY NICE

Get on trend with a rich burgundy this season – our pick is Boutique Nail Polish in Under The Thumb, £4



## FEELING FRUITY

Indulge yourself with L'Occitane Pamplemousse Rhubarbe Hand Cream, £8



## ZESTY RINSE

Add some zing to your morning shower with Argan Moroccan Mint Invigorating Body Wash, £4.95



## DEEP CLEANSE

Sort out those clogged-up pores with Quick Fix Facials Exfoliating Scrub Mask, £4.99



## STAYING POWER

Kiko Liquid Intense Eyeliner, £6.90, is smudge-proof and long-lasting, so your feline flicks will be there all night



## STARRY-EYED

Try out glam metallic eyes before the party season with Models Own Chrome Eyeshadow Palette, £5.99



## SUPER SHINE

Spritz a little Lee Stafford Argan Oil Nourishing Miracle Mist, £9.99, onto wet or dry hair to add instant gloss



## FAB FALSIES

Fake a natural looking set of lashes in a flash with Eylure Enchanted Elegant Lashes, £5.25



## MANI MUST-HAVE

Le Couvent des Minimes Nail and Cuticle Salve, £7, will strengthen brittle nails and smoothe your cuticles



## GLOW & GO

Fake some winter sun and brush Sunkissed Beautiful Bronze, £3, all over for a gorgeous golden glow





**Aveeno.**  
ACTIVE NATURALS®

Naturally Beautiful Results

*With naturally active oats, AVEENO® Daily Moisturising Lotion is proven to lock in moisture and improve the condition of dry skin, giving you clinically proven results from day 1, with a difference you can feel day after day.*



Before

1 day

2 weeks

Computer-generated images representative of results obtained in clinical testing

ACTIVE NATURALS®  
SOOTHING OATMEAL  
MOISTURISES SKIN



Get your **free sample** at  
[www.aveenosamples.com](http://www.aveenosamples.com)

Discover nature's secret for  
**Naturally  
Beautiful  
Results**

UK/AV/15-4220





AS EFFECTIVE  
AS A STEROID CREAM<sup>1</sup>

BREAKTHROUGH  
**ECZEMA**  
TREATMENT

HYDRATES BETTER  
THAN AN EMOLLIENT<sup>2</sup>

steroid  
free



Unique formula.  
Clinically proven relief of eczema symptoms.

9 out of 10 pharmacy professionals would recommend Dermalex Eczema<sup>3</sup>

Available at:

**LloydsPharmacy**

 Community  
Pharmacy

 day lewis  
Pharmacy

 well

 rowlands  
pharmacy

 Superdrug

 Boots  
let's feel good

<sup>1</sup>Average symptom improvement over 6 weeks, when compared to Hydrocortisone 1% in petrolatum-cetomacrogol and <sup>2</sup>emollients containing unguentum leniens.

<sup>3</sup>Experience based survey of 93 pharmacy professionals, August 2015.



# GOOD Health

 **GoodtoKnow.co.uk**




## HI THERE!

**HEALTH WRITER ANNA MATHESON BRINGS YOU THE LATEST FROM THE WORLD OF WELL-BEING**

## #TRENDING NOW...

Extreme assault courses are the latest fitness craze, but if, like me, you hate the thought of scary obstacles, you'll be pleased to hear we've found a family-friendly event you could actually make it round – I did! The Commando Series is an exact replica of the course used for the Royal Marines, but, thankfully, there are three different levels – so even the kids can join in the mud-slinging fun. The first event is on 14 November at Kent's Hever Castle, then it will be touring the UK.

 Visit [commandoseries.co.uk](http://commandoseries.co.uk) for information and if you do brave it, share your photos on [instagram.com/goodtoknow\\_essentials](https://www.instagram.com/goodtoknow_essentials)



## THIS MONTH...



So much more than a set of scales, the Tanita Composition Scales give you a clear snapshot of your body – from your weight and BMI to your bone mass and metabolic range. One for the health obsessed. From £49.99, [amazon.co.uk](http://amazon.co.uk).

**51%**  
OF BRITONS ADMIT  
THEY THINK EATING  
HEALTHILY IS TOO  
EXPENSIVE.\*\*

## FEELING FERTILE

Yearning for the patter of tiny feet? We asked Dr Amin Gorgy of the Fertility & Gynaecology Academy for his top tips\*

**Lay off the lube** Vaginal lubricants can affect sperm quality. Opt for options such as vegetable or mineral oil instead.

**Watch your weight** Your ideal BMI is between 19 and 25. Avoid yo-yo dieting, eat a healthy diet and get regular exercise, but don't overdo it.

**Go organic** Pesticides on fruit and veg can be detrimental to conception. At least wash fruit well.

**Get checked** See a doctor if you're under 34 and have been trying for a year, 35-38 and been trying for six months, or over 39 and trying for three months.



**Want more expert advice on getting pregnant?**  
Head to [goodtoknow.co.uk/fertilitytips](http://goodtoknow.co.uk/fertilitytips)



## 3 OF THE BEST... Supplements



**BEST FOR PMS**  
Cleanmarine Krill Oil, £22.99. Helps balance those pesky premenstrual symptoms.



**BEST FOR IMMUNITY**  
Whole Food Vitamins, £13.99. A natural way to fight off bugs.



**BEST FOR A MOOD BOOST**  
Seven Seas Sunshine Vit D, £4.99. Keep smiling through winter!



From painkillers to supplements, find out which health products are worth spending money on and which you can pick up for a bargain at [goodtoknow/healthspendorsave](http://goodtoknow/healthspendorsave)



walk in  
**comfort**  
WEAR WITH STYLE

fashion by  
**rieker**  
ANTISTRESS



THE WORLD'S LEADING ANTISTRESS® FOOTWEAR BRAND  
TO VIEW THE FULL AUTUMN/WINTER 2015 RANGE AND FIND YOUR NEAREST STOCKIST  
VISIT [WWW.RIEKER.CO.UK](http://WWW.RIEKER.CO.UK) | TEL: 01858 414141



# 'My daughter KEEPS ME GOING'

Nicola Foy was diagnosed with breast cancer just four years after losing her mum to the disease

**M**y mum was my best friend so when I found out I was pregnant just two days after her funeral, it was a bitter-sweet moment. How could I bring a child into the world without her? When my little girl, Ava, was born, she was a precious gift – I even gave her the middle name Nancy after my mum.

Just a few years later, in October 2012, when I was drying myself after a bath, I found a golf-ball sized lump in my right breast. The doctor said it was probably a cyst, but I was sent for scans because of my family history. After a horrible month of waiting, I was told it was cancer and there were three more lumps I couldn't feel.

## Devastating news

I was just 33, but the doctors told me I had stage three breast cancer. I couldn't believe it. It felt like history was repeating itself. I would need my lymph nodes removed, a mastectomy and reconstructive surgery.

Ava was only three, so I spent the time before surgery frantically trying to sort her Christmas presents, because I knew I'd be too frail afterwards. Thankfully, I was out in time to see Ava's nativity play and spent Christmas at home.

Chemo began in January. It was awful – I got just about every side effect you can get,

plus I also had to have five weeks' radiotherapy treatment.

One of my big worries was telling Ava I'd lost my hair. I'd always had long, thick hair, which she used to play with, and for a while I'd wear my wig, so she wouldn't know. I soon realised I couldn't keep that up, so I bought a book, *Mummy's Lump*, for kids whose parents had cancer, to read to her.

We got to a page where a lady had lost her hair and I said, 'Look, Ava, that's what's happening to Mummy,' and showed her my bald head. I was so surprised when she laughed back, 'Mummy, that's great! Kids are so resilient.'

By the summer, I'd finished chemo and radiotherapy, and was prescribed Tamoxifen. Even now, I'm only just getting back to my old self, but when I do have bad days, it's Ava that keeps me going. She'll give me a cuddle while we watch



I tell my daughter stories about Mum all the time'

a DVD and I tell her stories about Mum all the time – I can see so much of her in Ava that it comforts me.

## Looking ahead

I do worry about the future. I want to be there to see Ava grow up and get married, and, of course, I'm terrified that the same thing could happen to her. I got tested for the faulty BRCA gene, but

thankfully it came back negative.

Now my hair has grown back, I feel so much more like a woman again. I'm so excited to be taking part in

Breast Cancer Care Scotland's fashion show this November. It will be emotional, but I know how proud my mum would be to see me on the catwalk.

## BREAST CANCER: THE FACTS

- \* It's the most common cancer in the UK and affects up to 55,000 women a year.
- \* Most women who are diagnosed are over 50, but younger women and men can also get the disease.
- \* 85% of people survive breast cancer beyond five years.
- \* Usually the first noticeable symptom is a lump or area of thickened breast tissue.
- \* October is Breast Cancer Awareness Month. Help raise money for those affected by texting BCCare to 70500 or visit [breastcancercare.org.uk/get-involved](http://breastcancercare.org.uk/get-involved).



# EAT JUNK GET SLIM

Go from stodge to skinny with these tricks to cutting the calories in your favourite 'forbidden' foods...

## Chippie chop

Shun the chip shop or deep-fat fryer in favour of homemade oven chips and poached fish. Just add peppercorns, celery or bay leaves to the poaching liquid to add flavour and mop up with wholemeal bread. Homemade chunky chips will also absorb less fat. 'Or try sweet potato wedges,' says Harley Street nutritionist Caroline Farrell. 'They're rich in antioxidants and lower in fat and calories.'

## Scaled-down Domino's

Get a pizza the action without piling on the pounds with these nifty swaps:

- \* Homemade thick crust instead of supermarket thin crust. The average shop-bought pizza can tot up 1,000 cals (almost your entire daily allowance), with thin crusts often containing twice as much fat per 100g as thick crust\*.
- \* A squirt of tomato purée (2.7g sugar per 100g) instead of tinned tomatoes (5.6g sugar per 100g) or sugar-packed passata (15g of sugar per 100g)
- \* Go for lower fat goats' cheese (4.7g fat per 100g) or feta (6g) instead of mozzarella (7.5g) and Cheddar (10.3g).
- \* 5-a-day toppings - forget meaty morsels and try asparagus, petits pois, pepper, red onion or pineapple.





## CUT-BACK THE CURRY

Add some spice to your life – minus the fat – with these tips from TV cook Monisha Bharadwaj, who runs *Cooking With Monisha* cookery classes:

**1** Fry onion, garlic and ginger then, in a blender, blitz with tomatoes to a smooth purée to give a creamy sauce without the need for cream.

**2** For a sweeter curry without added sugar, use red onions instead of white.

**3** To reduce the oil content, mix powdered spices in water to form a runny paste and use this for frying instead.

**4** Finish with a good squeeze of lemon or lime as this reduces the amount of salt you'll need to achieve a balance of taste.

## Belt-tightening burger

Think outside the bun and sandwich your burger between beef tomatoes, Portobello mushrooms, or thick slices of griddled sweet potato instead of bread. Choose lean beef (trimming off any fat by chilling before grilling) or opt for venison and ostrich meat, which have less fat, but lots of flavour. Pep up with grilled vegetables marinated in a little oil, lemon juice and salt and pepper – instead of a sugar-rich relish – and 'top with vintage Cheddar, sliced thinly,' says nutritionist Caroline Farrell. 'You don't need to use as much as it has a stronger flavour.'



## Pared down pasta

Do an Italian job on your favourite family pasta dishes, such as spaghetti Bolognese, by using wholewheat pasta instead of white – it'll help you feel fuller for longer and you'll eat far less.

'Use lean mince and pre-fry to drain off the fat,' says registered dietitian and nutritionist Gaynor Bussell. 'Pad out with meaty vegetables, such as mushrooms, and grate rather than shave Parmesan on top,' says consultant dietitian Helen Bond. 'Use the finest grating plate, so it gives the illusion of a generous amount!'

'A full English breakfast can load you up with an entire day's fat allowance in just one go!'

## Fitter fry-up

Clocking up roughly 60g of fat per serving, a full English can load you up with a day's fat allowance in one go, so it's time to make some skinny swaps.

★ Slash 10% more fat (compared with supermarket own brands) by making your own sausages. Mix 1lb finely chopped, good-quality pork with 1tsp salt, ¼tsp pepper, 4tbsp water, ¼tsp paprika and a handful of chopped herbs, chill for 30 minutes and roll into sausage shapes.

★ And don't skimp on the veg. 'For a healthier fry-up, make half your plate vegetables,' suggests registered dietitian Sophie Roberts. 'Sauté field mushrooms with garlic and thyme, roast cherry tomatoes and steam spinach – and you'll have half your 5-a-day before you even leave the house!'

## Calorie-busting brownie

For a choccy treat, try nutritionist Judy Watson's recipe for raw chocolate brownies

- ★ 150g chopped dates
- ★ 75g ground almonds
- ★ 2tbsp pomegranate juice (or any fruit juice)
- ★ 2tbsp raw cocoa
- ★ 1dsp raw coconut oil

Blitz the dates in a processor, then add the rest of the ingredients, blending until it forms a dough. Roll into 5cm balls and cut off pieces as you want them. Store in an airtight container in the fridge.



## RIGHT ON ROAST

Turn a Sunday roast from greedy to godly by ditching the skin off meats, such as chicken, after roasting – you'll get the flavour, not the fat.

Dry roast veg or brush with coconut oil, says natural nutritionist Amy

Morris. 'It's slightly less calorific, but high in medium chain triglycerides, which are absorbed as energy and not stored as fat.' You can also cook veg in a stock. Just soak porcini mushrooms in boiling

water for 15 mins, then use the strained liquid. 'Swap stuffing for red onions baked in balsamic vinegar for 10 mins. Add chopped fresh sage leaves in the last 2 mins,' says nutritionist Judy Watson.



# 5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



## New\* Always Ultra. Up to 100% leak protection.

Stay out till sunrise with new Always Ultra. Its super absorbent core has liquid locking gel, and gel can't leak.

Remember, great stories don't happen when you stay in. Also available in Liners.

clean • dry • fresh  
*always*



\*Improved core with more liquid locking gel.



# ADD 20 YEARS to your life

Eight easy habits you can adopt today... do them all and you could earn yourself two extra decades

## GO NUTS

**+3 YRS** You'll need to eat a handful of nuts five times a week. 'Nuts are high in fat, but most of it's okay for you. Walnuts, for instance, are packed with omega-3s, which are good for both your brain and your heart,' says nutritional therapy consultant Judy Watson.

## CHECK YOUR BLOOD PRESSURE

**+5 YRS** High blood pressure rarely causes symptoms, but could knock at least five years off your life. 'In one study 8-16% of 50 year olds with the condition were dead within two years,' says Professor Gareth Beevers\*. 'Ideal BP is 115/75, so get it checked.'



## Get on your feet more often

**+7 YRS** According to research in the US, sitting down for more than three hours a day strips two years off your life – even if you exercise. When sitting, your body can't easily control its blood sugar levels, which can lead to diabetes. So, stand as often as you can, or try an adjustable Varidesk.

## HAVE LOADS MORE SEX!

**+1-8 YRS** Two orgasms a week could add 1.6 years to your life expectancy, while happily having sex every day could translate into an extra eight years of healthy life. 'Sex gives your whole body – including your heart – a workout,' says Carol Martin-Sperry, author of *Sexual Healing* (£9.99, Constable & Robinson). 'You also get a flood of stress-busting endorphins.'

## LIGHTEN UP & LOL!

**+7-8 YRS** 'Laughter can reduce anxiety and tension, boost the immune system and even relieve pain and inflammation,' says holistic laughter yoga coach Melanie Bloch. Just looking on the bright side can add 7.5 years to your life, according to a Yale University study.

IF YOU QUIT  
SMOKING BY THE  
AGE OF 40, YOU'LL  
ADD ANOTHER  
NINE YEARS TO  
YOUR LIFE  
EXPECTANCY!

## GET YOUR ZZZZS

**+3 YRS** A study has found that good sleepers live three years longer than poor sleepers. 'Three to 11 hours a night counts as good sleep if you wake feeling refreshed,' says Dr Neil Stanley\*\*. 'Poor sleep is linked to obesity, diabetes, heart disease, depression and even breast cancer.'

## DO YOUR BODY MATHS

**+3 YRS** A few extra kilos could tip you out of the healthy BMI range of 19-25, and a BMI of 25-35 will take three years off your life, according to research. Divide your weight in kilos by your height in metres, then divide the answer by your height again – or let calculator.net do it for you.





# Say **hello** to the new way to cook!

- with 50% off your first box from HelloFresh.co.uk -

## How it works



**We Create**  
Exciting Recipes  
that are healthy and delicious



**We Pack Your Box**  
with all the ingredients you need  
for great home cooking



**We Deliver for Free**  
conveniently  
to your door



**You Cook**  
tasty new meals from scratch  
in around 30 minutes



[hellofresh.co.uk](http://hellofresh.co.uk)

A special voucher for **Essentials** readers

# 50% OFF

CODE: DINNER50



*Valid for new customers only. Does not apply to gift and trial boxes. Upon redemption you will be signed up for a flexible subscription. Valid for UK and NI residents only, see website for full terms and conditions.*



# What's Your FITNESS PERSONALITY?

Struggling to find a class that keeps you motivated? Take our quiz to discover which workout style is best for you...

**1 YOUR PRE-WORKOUT SNACK IS...?**  
**A** It's a protein bar or a smoothie with added chia seeds for me - I need something to keep me energised.  
**B** I think there's some chewing gum in my car

or maybe a chocolate bar at the bottom of my handbag.  
**C** A couple of slices of apple while I'm making the kids their tea and before I take the dog for a walk.  
**D** I keep it simple with a banana.

**2 HOW DO YOU SPEND YOUR SUNDAY AFTERNOON?**  
**A** Something outdoors - either a hike or a bike ride.  
**B** In front of the telly flicking through a magazine while my husband watches the football.  
**C** Picking the boys up from rugby, sorting the roast, maybe giving the house a quick once over.  
**D** A nice walk around the park with the dog, probably stopping at the pub for a glass of wine.

**3 WHAT TIME DO YOU WAKE UP?**  
**A** 6.30am - I like to have time for a run in the morning, then I pack myself a healthy lunch to take to work.  
**B** 7.30am - I've got my morning routine down to a slick 30 minutes, so I can spend longer in bed.  
**C** 6am - I've got lunches to make, bags to pack and dogs to walk before taking the kids to two different schools.  
**D** 7am - I like to have time for a cup of tea in bed listening to the radio before I jump in the shower.

**4 YOUR FAVOURITE TV PROGRAMME IS...**  
**A** Any TV programmes that are health and fitness related. - I love being in the know.  
**B** Anything on Netflix - I'm happiest when I'm mid *OITNB* binge.  
**C** *Blue Peter* - well, it's not really mine, but it's the only one I don't mind watching with the kids.  
**D** A bit of *Corrie* or *EastEnders* with a glass of wine - heaven!

**5 YOUR HUSBAND IS...**  
**A** What husband? I'm single and proud.  
**B** An angel! He does the housework and puts the kids to bed - he's got so much more energy than me all the time.  
**C** A hard worker. He's always either at the office or out with clients. We rarely get time on our own.  
**D** Really hands on with the kids - we share everything.

**6 YOU'D DESCRIBE YOUR SEX LIFE AS...**  
**A** Energetic!  
**B** We're a once a week kind of couple - and we love our routine.  
**C** Non-existent. We make the effort when we're both not tired, which is probably about twice a month.  
**D** Good enough, we make the time for each other and have regular date nights when we can get away from the kids.

**7 WHO IS YOUR CELEBRITY IDOL?**  
**A** Cameron Diaz - she's fun, full of energy and looks fabulous for her age.  
**B** Lena Dunham - she says and does exactly what she wants and doesn't bow to pressure to be stick thin.  
**C** Angelina Jolie - six kids, a successful career and a rock solid marriage. Is she actually superwoman?  
**D** Gisele Bündchen - she's beautiful, successful and just seems so chilled out.

NOW TURN THE PAGE  
FOR YOUR RESULTS



A woman with voluminous, curly brown hair is shown from the chest up, wearing a bright neon green tank top. She is looking off to the side with a slight smile, her right hand is raised with fingers spread. The background is a plain, light-colored wall.

## Mostly A's: Hardcore hottie

You could rival Gwyneth Paltrow when it comes to your fitness regime. You're on top of the latest trends and you know your Bikram from your Kundalini. Your body is your temple and you'd rather spend your time out and about than sat in front of the TV. You're either single or superwoman when it comes to your organisation, because you've got time to dedicate to at least three workouts a week, but you need to keep things interesting. Gymcube.com personal trainer Kevin Foster-Wiltshire suggests starting a challenging programme that has progressions each week, or signing up to an event, like a triathlon, so you've got something to aim towards. If that seems too much effort, then switch up your usual gym session and try the latest class to add a bit of variety. We're loving the sound of cardio tennis that's being rolled out across the UK. With a variety of tennis-based drills played to music on a court, you can burn over 600 cals an hour... and you might even improve that serve.

## Mostly B's: Reluctant runner

Your idea of a workout is walking the distance from the sofa to the fridge to top up your wine glass, and the thought of climbing the stairs to bed at night makes you feel mentally exhausted. The problem isn't necessarily that you're lazy, more that you just find exercise boring and you'd much rather be doing something you think is more productive – like binge watching a week's worth of *Emmerdale* episodes. When you do go for a run it turns into a walk and your idea of going

to the gym means sitting on an exercise bike at a snail's pace reading a book. You need to get yourself to a class where there's an instructor to keep you motivated throughout your workout (read: scream at you, so you feel guilty if you don't at least try!). Last year's lauded Insanity workout, available at hundreds of UK gyms, is the one for you – the intense cardio-based 45-minute class targets the whole body with three- to four-minute periods of aerobic exercise followed by a 30-second

rest. It's intense, but just one hour a week has been said to improve your fitness in 60 days – so that's more time to catch up with *Strictly*. If that sounds too harsh, then the best way to exercise without even thinking about it is signing up to a team sport – something competitive like netball or hockey can burn up to 450 calories, and you'll be so focused on winning you won't even realise you've broken a sweat.



**Top tip**

Exercise doesn't have to be boring - find a workout you enjoy and you're far more likely to stick to it

*Mostly C's: Mummy mover*

Between the school run, the washing and last night's dirty dishes, you've barely got time to say 'hi' to your husband, let alone go to the gym. You need an effective regime that you can fit around your hectic schedule - a quick HIIT. That's high intensity interval training, and workouts can be as little as ten minutes. Kevin Foster-Wiltshire says: 'It's the best way to burn calories conveniently at home and a smart way because this type of training gets and keeps your rate up, so you burn more fat in less time!' Try downloading a free

seven-minute workout app on your phone or android, and start fitting in your quick, body weight only, exercises as and when you've got ten minutes to yourself. If you'd rather get away from the house/kids, why not combine your workout with your girl's night out? That way you'll have fun, see friends and burn some calories in the process. Try HulaFit - a whole class dedicated to hula-hooping; or Clubbercise, which is a rave-based aerobics class complete with glow sticks and '90s classic anthems - beats braving a nightclub these days.

*Mostly D's: Laid-back lovely*

You know those clever women that juggle a fulfilling job and fun social life, while somehow managing to run a family home and never look flustered? Yeah, that's you! You love the simple things in life and you're always searching for a little bit of balance, whether that's sharing the housework and childcare equally with your husband or knowing where to draw the line between doing just enough and taking on too much. You believe in everything in moderation, and you know the importance of giving yourself some time to chill out. Like the multi-talented, yet always glossy, Jessica Alba - actress, mum, health guru - you need to find a way to combine your workout with spending some quality time on yourself. Kevin Foster-Wiltshire says a holistic workout can help you keep all those spinning plates in the air: 'Exercise can really clear the mind,' he says, 'and Vinyasa flow yoga is perfect for finding your zen.' In fact, any kind of yoga or Pilates can be an effective way of clearing the head while also working your body. So you can continue to kill it at work and at home with that clear, calm mind of yours.

Find ways to combine your workouts with spending some quality time on yourself





Clean the toughest food first time.



Removes grease\*  
from your filter.



\*For limescale removal use Fairy dishwasher cleaner.

LOVES THE  
IMPOSSIBLE



# REAL Food

 **GoodtoKnow.co.uk**



## HI THERE!

DIGITAL FOOD EDITOR  
ANNA SBUTTONI SHARES  
HER BEST BUYS, CLEVER  
CHEATS & EASY RECIPES

### THIS MONTH...

#### Brunch feast

Say hello to the weekend with celebrity baker Eric Lanlard's pumpkin waffles with fried eggs and streaky bacon, brushed with sweet pecan crumbs. Salty-sweet is a popular taste sensation, and these are no exception. Think pancakes with bacon and maple syrup, but taken to the next level – and then topped with a fried egg... yum!



Find the recipe, which Eric developed for The Happy Egg Co, at [goodtoknow.co.uk/pumpkinwaffle](http://goodtoknow.co.uk/pumpkinwaffle)



AN EGG IS ONLY 66 CALORIES  
AND IS A FAB SOURCE OF PROTEIN  
AND PROVIDES VIT D, TOO

### #TRENDING NOW...

Thinking about Christmas already? You're not the only one, and there's not long left until the big day, so we've come up with 30 delicious make-ahead recipes to save your sanity!



For all the recipes to get you through Christmas, go to [goodtoknow.co.uk/makeaheadchristmas](http://goodtoknow.co.uk/makeaheadchristmas)



### WE LOVE...

Watch how to make a chocolate bowl using just a balloon and melted chocolate – it's so easy when you know how! It's the ultimate 'wow' dessert that you can fill with fruit and ice cream – or even a little treat for each of your guests.



Want to try it? Go to [goodtoknow.co.uk/foodhacks](http://goodtoknow.co.uk/foodhacks)



### 3 OF THE BEST...

#### healthy snacks

FOR WHEN YOU NEED A LITTLE PICK-ME-UP

##### SEEDED CHIPS

Crunchy and spicy, Manomasa Tomatillo Salsa tortilla chips go perfectly with guacamole. **£2**, from Waitrose.



##### SKINNY POPCORN

Made with real honey, Metcalfe's Skinny Honey Bee Popcorn makes an extra special ice cream topper! **£1.59** from Tesco.



##### ZINGY NUTS

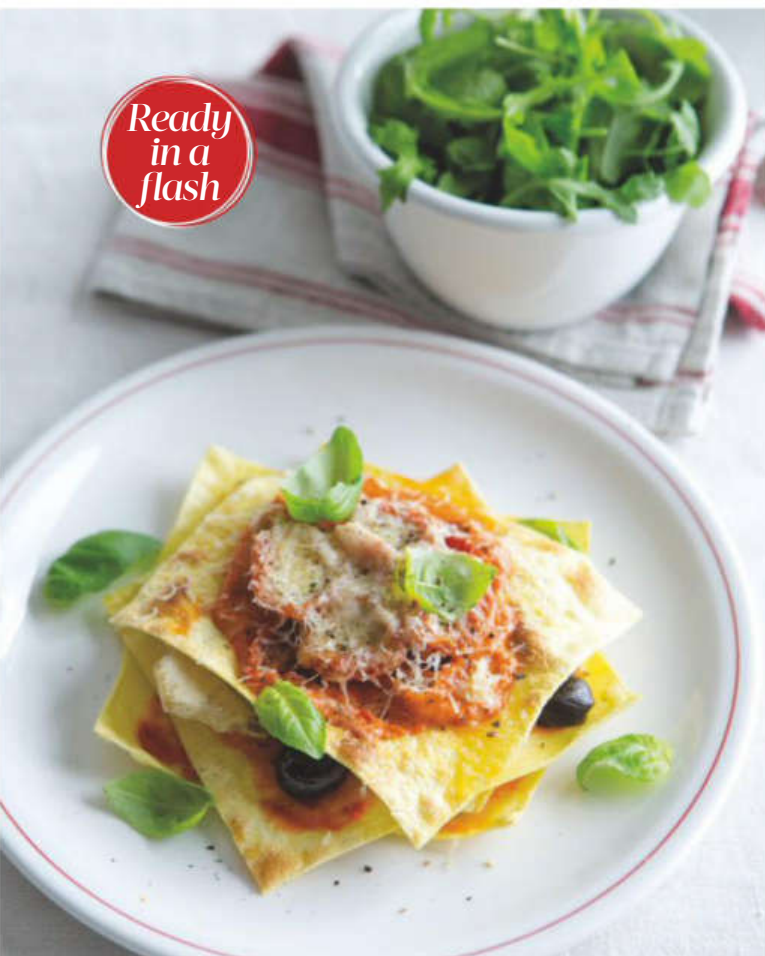
Graze's Punchy Protein Nuts are chilli and lime dressed cashews, almonds and peanuts that will keep you going all day. **£1.19** from Sainsbury's.



# PASTA RECIPES *you'll love*

Bored of spag bol? Follow our delicious recipes from penne to orecchiette, and really mix it up...

Ready  
in a  
flash



## ANTIPASTI OPEN LASAGNE

**SERVES 4**

**READY IN 15 MINS**

6 fresh lasagne sheets

190g jar red pepper and ricotta pesto

Large handful pitted black olives,  
halved

280g jar roasted artichokes,  
drained and halved

240g pack sunblushed tomatoes,  
drained and halved

100g Gruyère, grated

Large handful basil

**1** Blanch the lasagne sheets for 2 mins in salted boiling water. Drain and cut each in half. Spread each sheet evenly with the pesto, olives and artichokes.

**2** On a lined baking tray, layer up 3 pieces of pasta per person, top with the sunblushed tomatoes and sprinkle over the cheese. Heat the grill to high and cook until golden, then scatter over the basil to serve.

**530 CALS PER SERVING**

**33g FAT 10g SAT FAT**

**37g CARBS**







New  
veggie  
dish

## LIGHTER PASTA BAKE

**SERVES 6 READY IN 1 HR**

4tbsp olive oil  
1 celery stick, diced  
1 yellow and 1 orange pepper, diced  
1 courgette, diced  
250g cherry tomatoes, quartered  
250g conchiglioni (shells) pasta  
50g butter  
50g plain flour  
200ml semi-skimmed milk  
200ml hot vegetable stock  
100g spinach  
Small handful basil, chopped

**1** Heat 1tbsp olive oil in a pan and gently cook the celery, peppers and courgette for 10-12 mins, until just tender. Add the tomatoes and simmer for 5 mins.

**2** Heat the oven to 160C, gas 4. Meanwhile, cook the pasta according to the pack instructions. Drain and cool under cold water.

**3** To make the white sauce, melt the butter in a pan and whisk in the flour, stirring constantly, and cook for 2-3 mins. Gradually add the milk and hot stock to form a smooth sauce. Bring to the boil and stir through the spinach. Cook for 2-3 mins, then pour into a large ovenproof baking dish.

**4** Fill the pasta shells with the vegetable mix, place them in the dish and cover with foil. Bake for 30 mins, remove the foil and continue to cook for 10 mins.

**5** To serve, mix the basil with the remaining oil and drizzle over the hot pasta.

**356 CALS PER SERVING**  
**16g FAT 6g SAT FAT**  
**42g CARBS**

Short of time and looking for a quick cheat? Just use a jar of cheese or tomato sauce for the base



**Delish  
& meat  
free**



## ORECCHIETTE WITH WILD MUSHROOMS

**SERVES 4 READY IN 20 MINS**

300g orecchiette pasta  
25g Lurpak garlic butter  
400g mixed wild mushrooms, halved  
100ml double cream  
100ml hot vegetable stock  
Small handful parsley, chopped  
2tbsp olive oil

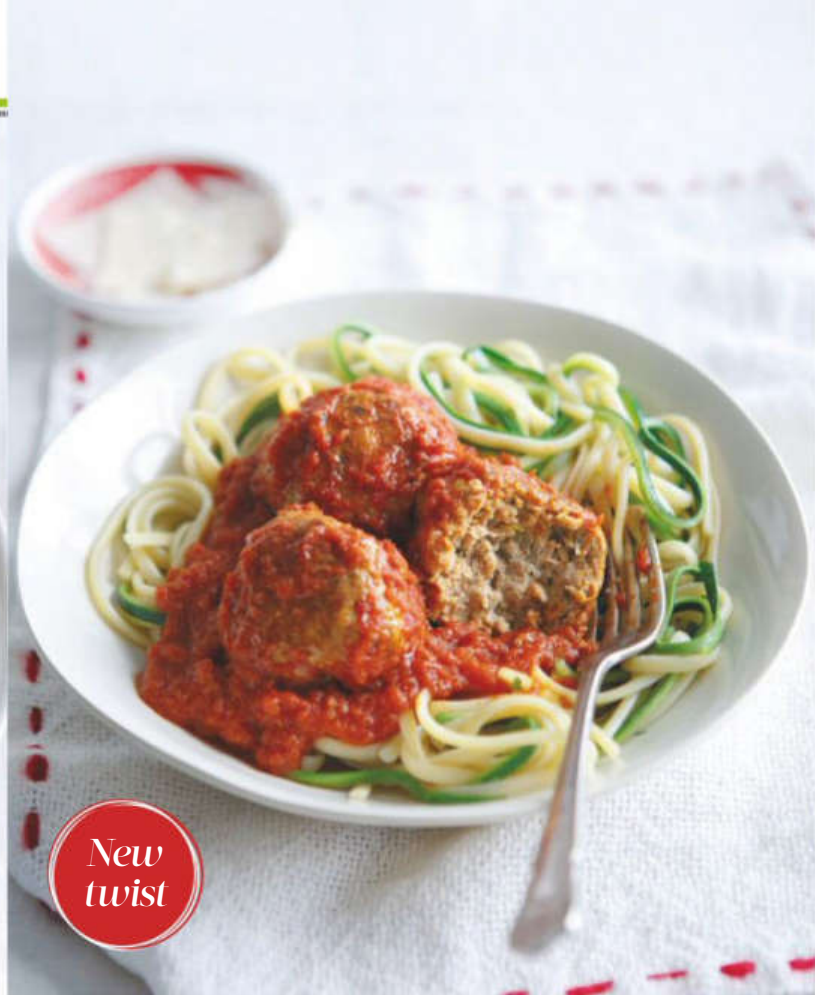
**1** Cook the orecchiette pasta according to the pack instructions, then drain and set aside.

**2** Heat the butter in a large pan and cook the mushrooms until golden. Stir through the cream and stock, and return the pasta to the pan. Stir until well combined and warm.

**3** Mix together the parsley and olive oil, and drizzle over to serve.

**506 CALS PER SERVING**  
**25g FAT**  
**13g SAT FAT**  
**55g CARBS**

**I** For a meaty twist, fry 220g cubed pancetta with the mushrooms and add some freshly ground black pepper



**New  
twist**

## TURKEY & COURGETTE PASTA IN A RICH TOMATO SAUCE

**SERVES 2 READY IN 1 HR 15 MINS**

2tbsp olive oil  
1 onion, diced  
1 garlic clove, crushed  
2tbsp freshly chopped parsley  
350g turkey breast and thigh mince  
690g soffritto passata  
150g linguine  
1 courgette  
4tbsp grated Parmesan, optional

**1** Heat 1tbsp olive oil in an ovenproof pan that's suitable for the hob, add the onion and garlic, and cook for 5-6 mins. Remove from the heat and allow to cool. Stir through the parsley and mix well with the turkey mince. Form into 6 large meatballs and return to the hot pan to brown on each side.

**2** Heat the oven to 160C, gas 4. Pour the soffritto sauce over the meatballs and bring to the boil, then season and cover. Transfer to the oven and cook for 1 hr.

**3** Meanwhile, cook the pasta according to the pack instructions and, using a julienne peeler, peel the courgette into strands. Put the courgette strips into a colander and drain the pasta over them – the hot water will cook them through. Mix well and pour over the remaining oil. Divide between bowls and top with the meatballs, tomato sauce and cheese, if using, to serve.

**781 CALS PER SERVING**  
**25g FAT** **9g SAT FAT**  
**71g CARBS**



## WHOLEWHEAT SPAGHETTI WITH ROASTED VEG

**SERVES 6 READY IN 30 MINS**

4 baby aubergines, quartered  
2 courgettes, sliced  
4tbsp olive oil  
500g wholewheat spaghetti  
Zest and juice 2 lemons  
½x30g packet basil  
½x30g packet mint

**1** Heat the oven to 200C, gas 6.  
Toss the veg in 2tbsp olive oil and  
put onto a lined baking tray. Roast for  
10-15 mins until just crisp. Remove  
from the oven and allow to cool.

Good  
for you

**2** Meanwhile, cook the spaghetti  
according to pack instructions.  
Drain well, then toss with the  
remaining olive oil, the lemon juice,  
roasted vegetables and most of  
the basil and mint.

**3** Pour onto a serving platter and  
scatter over lemon zest and the  
remaining herbs to serve.

**400 CALS PER SERVING**

**10g FAT 1.5g SAT FAT**

**57g CARBS**



\*More MEAL IDEAS



For all our tasty recipes,  
go to [goodtoknow.co.uk/familymeals](http://goodtoknow.co.uk/familymeals)



# Get your BAKE ON

These delicious treats are as easy as pie to make – and at under 400 calories a piece, are *almost* good for you

For  
adults  
only!

## BOOZY CHERRY BAKEWELL MAGIC CAKE

**SERVES 8 READY IN 1 HR**

1x390g jar Opies Cherries in Kirsch  
4 large eggs, separated  
135g caster sugar, plus 2tbsp  
¼tsp almond extract  
¾tsp vanilla extract  
2tbsp brandy, whisky or cognac  
125g unsalted butter, melted  
110g plain flour  
500ml milk, warmed  
25g toasted flaked almonds

**1** Heat the oven to 160C, gas 3. Grease and line a 20cm square tin. Drain the liquid from the cherries into a small pan and put the cherries in the baking tin.

**2** Whisk the egg yolks with 135g sugar, the almond and vanilla extracts, and the brandy until pale and thick. Gradually beat in the butter and flour, then the milk.

**3** In a separate bowl, beat egg whites until stiff. Fold into the mix, then pour into the tin; bake for 40-50 mins. Add 2tbsp sugar to the cherry juice and simmer until thickened. Drizzle over the cooled cake, scatter with almonds and dust with icing sugar.

**395 CALS PER SERVING 20g FAT 11g SAT FAT 41g CARBS**



## CLASSIC KEY LIME PIE WITH MERINGUE TOPPING

**SERVES 10-12 READY IN 1 HR**

300g digestive biscuits  
125g unsalted butter, melted  
3 large egg yolks  
Zest and juice 6 limes  
1x400g can condensed milk  
3 large egg whites  
175g caster sugar

**1** Heat oven to 180C, gas 4. Crush biscuits in a food processor and mix with melted butter. Spread over the base and sides of a loose-based flan tin. Bake for 10 mins, then leave to cool.

**2** Turn the oven down to 170C, gas 3½. Beat the egg yolks with the lime zest until creamy and pale. Pour in the condensed milk and whisk until thickened. Mix in the lime juice in two additions. Pour into the pie dish and bake for 15-20 mins.

**3** Using an electric whisk, mix the egg whites on a low speed until stiff. Turn up the speed gradually, then add the sugar, 1tbsp at a time – mix well between each spoonful. Spoon over the middle of the pie and place under a medium grill for 3 mins or until browned.

**454-379 CALS PER SERVING**

**21-18g FAT 11-9g SAT FAT**

**57-48g CARBS**

*Fresh  
& zingy*



*Petite  
puds*

## MINI BAKED ORANGE CHEESECAKES

**MAKES 12 READY IN 45 MINS**

Juice 1 lemon  
Zest and juice 3 oranges  
150g caster sugar  
225g digestive biscuits  
85g unsalted butter, melted  
600g cream cheese  
2 large eggs  
100ml single cream  
4 passion fruit  
75g pomegranate seeds

**1** To make the orange syrup: in a pan, heat the lemon juice, orange zest and juice, and caster sugar with 2tbsp water. Bubble for 3 mins, then set aside.

**2** Heat the oven to 170C, gas 3½ and grease a 12-hole muffin tin. Crush

the digestives in a food processor and mix with the melted butter. Divide between the muffin tin and press lightly.

**3** Beat the cream cheese with the eggs, then stir in the cream and two-thirds of the orange syrup. Divide between the muffin tin, smooth the tops and bake for 25 mins.

**4** Add the passion fruit to the leftover syrup, then stir in 1tsp of water and bubble for 1 min. Pass through a sieve to remove the seeds, then mix with the pomegranate seeds and drizzle over the cheesecakes once cooled completely.

**362 CALS PER SERVING**

**25g FAT 14g SAT FAT 28g CARBS**





## TEAR & SHARE BRIOCHE WITH SALTED CARAMEL

**SERVES 7 READY IN 1½ HRS**  
+ RISING TIME

1x375g pack brioche bread mix  
7tbsp Nutella  
1 medium egg, beaten  
125g caramel spread  
large pinch sea salt

**Melts  
in your  
mouth**

**1** Make the dough to pack instructions. Once risen, cut off a third of the dough and roll into seven equal-sized balls. Now roll the remaining two-thirds of dough into seven equal-sized balls.

**2** Gently flatten the larger dough balls and put a blob of Nutella in the middle of each. Bring the sides of the dough up and pinch to seal. Put the dough balls into a 23cm greased round cake tin.

**3** Brush the underside of each small dough ball with beaten egg and place on top of the larger ones. Cover with a damp tea towel and leave in a warm place to rise for 1 hr.

**4** Heat the oven to 180C, gas 6. Brush the dough with the egg and bake for 25 mins. Mix the caramel with the sea salt and serve in a bowl on the side to dip.

**307 CALS PER SERVING**

**14g FAT 67g SAT FAT**

**37g CARBS**

## PEAR & GINGER CARAMEL PUFF PASTRY TART

**SERVES 6-8 READY IN 45 MINS**

1x320g sheet ready-rolled puff pastry  
3 balls stem ginger and 2tbsp syrup from the jar, plus extra to glaze  
50g dulce de leche caramel spread  
¼tsp ground cinnamon  
2tsp cornflour  
Juice 1 lemon  
5-6 ripe pears, peeled, cored and sliced (not too thickly)  
1 beaten egg, to glaze

**1** Heat the oven to 200C, gas 6. Unroll the puff pastry, then pressing gently, run a knife around

the edge of the rectangle to create a 1½cm border.

**2** Finely chop the stem ginger and mix with the syrup, caramel spread, cinnamon, cornflour, lemon juice and the pear slices.

**3** Arrange the pear slices on the pastry, inside the border, and pour over any extra caramel sauce. Cook for 25-30 mins, brushing the pastry with the egg after 15 mins. Serve with ice cream.

**376-282 CALS PER SERVING**

**15-12g FAT 7-5.5g SAT FAT**

**51-38g CARBS**

**Classic  
with a  
twist**



**\* More RECIPE IDEAS**



For all our recipes,  
go to [goodtoknow.co.uk/baking](http://goodtoknow.co.uk/baking)



# How to make... THE BEST STEAK

Master the basics and be more confident in the kitchen

## TOP CHEFFY TIPS



- \* **Temperature** Make sure you bring the steak to room temperature before cooking as this allows the meat to cook evenly. This normally takes about 30 minutes.
- \* **Switch it up** Instead of garlic butter, why not try crumbling over 25g Stilton for a truly indulgent treat.
- \* **Wine match** Full-bodied and fruity red wines, like French Syrah and Chilean Carménère, are the perfect match for not just steak, but all rich red meats.
- \* **French classics** Turn this meal into a classic restaurant favourite and whip up your own Béarnaise sauce with a little cheffy know-how – find out how below.

## GRIDDLED STEAK WITH GARLIC BUTTER

**SERVES 4 READY IN 20 MINS**

100g butter, softened  
2 garlic cloves, crushed  
2tbsp parsley leaves, finely chopped  
juice ½ lemon  
4x200g sirloin steaks  
1tbsp olive oil

**1** Mix the butter with the garlic, parsley and lemon juice, and

season. Roll into a thick sausage, wrap in clingfilm and chill for 30 mins until firm. When ready to serve, cut the butter into discs and allow to soften.

**2** To cook the steaks, heat a large griddle pan until very hot. Brush the steaks with oil and season. Cook the steaks

for 3 mins on each side, remove them from the griddle and rest in a warm place for 5 mins.

**3** Serve the steaks with a disc of butter on top and a green salad on the side.

**480 CALS PER SERVING**  
32g **FAT** 17g **SAT FAT** 0g **CARBS**

### \* Watch & LEARN



Make Béarnaise sauce to go with your steak by following our how-to video at [goodtoknow.co.uk/bearnaise](http://goodtoknow.co.uk/bearnaise)



# Spook-tacular PARTY FOOD

Scary – and even a little bit disgusting – these creepy recipes will keep little fingers busy all day!





## JUICY JELLY WORMS

**MAKES 100 READY IN 10 MINS + CHILLING**

2 sheets gelatine

135g strawberry jelly, or mix and match your flavours

100 bendy drinking straws

- 1 Soak the gelatine leaves in cold water for 5 mins, until soft.
- 2 Meanwhile, cut the jelly into small pieces, cover with 150ml warm water and stir until the jelly dissolves. You may need to microwave it for 10 secs at a time to help.
- 3 Squeeze the water out of the gelatine and stir through the warm

jelly liquid. Pour into a tall, skinny glass and add the straws, bendy end first. Gently weigh down with another cup to make sure the straws don't lift up. Chill in the fridge for at least 4 hrs or overnight if possible.

- 4 Once set, quickly dip the straws into a bowl of warm water to remove the extra jelly on the outside and soften the jelly on the inside. Gently squeeze the bottom of each straw and the worms will wiggle out.

**4 CALS PER SERVING 0g FAT 0g SAT FAT 1g CARBS**

**SUPER-QUICK & EASY**



## SPOOKY SARNIES

**MAKES 20 READY IN 10 MINS**

1 large loaf of 50/50 bread

50g butter, softened

100g beetroot coleslaw

10 slices ham, torn

4tbsp ketchup

- 1 Lightly butter each slice of bread and cut out spooky shapes from each slice.
- 2 Spread half the bread shapes with beetroot coleslaw and top with torn-up ham and the same shape bread topper. Fill a piping bag with ketchup and cut off the end to pipe RIP on the coffins.

**141 CALS PER SERVING 4g FAT 1.5g SAT FAT 20g CARBS**



**ADD A FEW DROPS OF GREEN FOOD COLOURING GEL TO THE DOUGH TO MAKE THESE LOOK EVEN MORE GROSS**

## WITCHES' FINGERS

**MAKES 45 READY IN 20 MINS + CHILLING**

100g butter

100g caster sugar

1 medium egg

1tsp vanilla extract

225g plain flour

½tsp baking powder

45 blanch almonds, halved

5tbsp strawberry jam

- 1 Using a food processor, beat the butter and sugar until pale. Add the egg and vanilla, and whisk again. Sift in the flour and baking powder, and mix to form a soft dough. Chill for 30 mins.
- 2 Heat oven to 180C, gas 4. Divide the dough into 45 and roll each piece into a finger shape. Press the back of a knife into the dough to make knuckles. Lightly press an almond where the nail will be. Put on lined baking trays and chill for 30 mins. Bake for 10-12 mins until pale golden.

**3** Once cooled, spoon a little jam onto the nail base and top with an almond.  
**57 CALS PER SERVING 2.5g FAT 1.5g SAT FAT 7g CARBS**





LET THE KIDS HELP WITH HANDY DISPOSABLE PIPING BAGS... IT'LL CUT DOWN ON THE WASHING UP, TOO!

## GINGERBREAD MUMMIES

**MAKES 30 READY IN 45 MINS**

350g plain flour, plus extra to dust

1tsp bicarbonate of soda

2tsp ground ginger

100g butter

175g soft light brown sugar

3tbsp golden syrup

1 medium egg

400g icing sugar

Mini blue and green Smarties

**1** Sift flour into a mixing bowl with the bicarbonate of soda and ginger. Using your fingertips, rub in the butter until the mixture resembles fine breadcrumbs, then stir in the sugar.

**2** Gently warm the syrup in a glass bowl in the microwave for 15 secs. Add the egg, whisk together and pour onto the flour mixture. Mix with a wooden spoon until clumps form, then mix with your hands to make a smooth dough.

**3** Lightly dust the work surface with flour and roll out the dough to about the thickness of two £1 coins. Cut out shapes using biscuit cutters and place on baking trays lined with baking paper. Re-roll the trimmings and cut out more shapes until all the dough has been used.

**4** Heat the oven to 190C, gas 5. Bake the biscuits for 10-15 mins. Cool slightly, then transfer to a wire rack to cool and harden.

**5** To decorate, mix the icing sugar with 3-4tbsp water and pipe all over the biscuits to create a mummy effect. Finish off by adding Smarties for scary eyes.

**158 CALS PER SERVING 3.5g FAT**

**2g SAT FAT 30g CARBS**

GREAT  
BATCH  
BAKE

### \* Watch & LEARN



It's never been easier to give your friends a fright - go to our how-to video at [goodtoknow.co.uk/juicyworms](http://goodtoknow.co.uk/juicyworms) now

DONE  
IN 10  
MINS!

## CHEESY BROOMSTICKS

**MAKES 12 READY IN 10 MINS**

6 slices Dairylea cheese

12 pretzel sticks

12 chives

**1** Carefully slice each Dairylea square in half. Cut 'fringing' three-quarters of the way up each piece of cheese to create the bristles.

**2** Wrap a slice of cheese round the end of a pretzel stick and carefully separate the bristles. Secure the cheese to the pretzels with chives.

**25 CALS PER SERVING 1.5g FAT**

**1g SAT FAT 2g CARBS**



# 5:2 COMPLETE MEAL PLANNER

## 101 RECIPES FOR YOUR FAST DAYS

**SPECIAL OFFER**

TURBO-CHARGE YOUR DIET WITH THE ULTIMATE 5:2 AND JUICE DIET BUNDLE - TWO GREAT DIET APPS FOR £2.49 IN THE APPLE APP STORE NOW!

**GREEN JUICE DETOX**

**NEW RECIPES**

# 5:2 DIET

*Complete meal planner*

Breakfast

Lunch

Dinner

Snacks

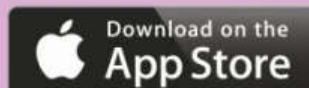


**EGG-TOPPED PORTOBELLO MUSHROOM**

Recipe

## ADD TO YOUR PLANNER WITH TWO NEW RECIPE COLLECTIONS

AVAILABLE ON ANDROID, IPAD AND IPHONE



PRICES SHOWN ARE UK ONLY, AND PRICES MAY VARY ACROSS DIFFERENT APP STORE TERRITORIES. PRICE IS SUBJECT TO CHANGE DUE TO 'COMPLETE MY BUNDLE' T&CS.

**ONLY £1.99**



# 3 ways with... **AVOCADO**

Baked, sweet or savoury, the rich and creamy flesh from this fruit (yes, really) can work with almost any dish

## CRISPY AVOCADO WEDGES

**SERVES 6 READY IN 30 MINS**

**1** Heat the oven to 200C, gas 6. Peel and stone 2 **avocados** and slice into 6 wedges. Dip in **plain flour** (you'll need around 75g), then dust off the excess. Dip into beaten **egg** (you'll need 2), then coat in a mixture of 75g **polenta** and 75g **panko breadcrumbs**. Repeat the process again to double coat. Bake for 10-15 mins, drizzling over any leftover egg after 5 mins to help them crisp up. Cut each one in half to serve.

**2** Heat ½tbsp **light olive oil** in a pan and cook the **sweetcorn** sliced off 2 cobs with a pinch of **sweet smoked paprika** and a pinch of **chilli flakes**. Take off the heat and stir in a large handful of **coriander**, chopped, a little **lime juice**, 2 **spring onions**, chopped, and half a **red pepper**, sliced.

**3** Layer up 12 **mini tortilla wraps** with **Iceberg lettuce**, shredded, the sweetcorn mix and 2 pieces of avocado. Add some **chipotle tomato salsa** and **sour cream**.

**618 CALS PER SERVING 26g FAT 9g SAT FAT 75g CARBS**

## GREEN GODDESS DRESSING

**SERVES 6 READY IN 5 MINS**

**1** In a food processor, blend the flesh from 1 **avocado** with 75g **soured cream**, 1 **garlic clove**, crushed, the juice of ½ **lemon**, juice of ½ **lime**, large handfuls of **tarragon**, **parsley** and **chives**, 1-2tbsp cold **water** and some **salt and pepper**.

**75 CALS PER SERVING**

**7g FAT 2.5g SAT FAT**

**1g CARBS**



*All  
Dairy  
Free!*

## PISTACHIO CAKE WITH AVOCADO ICING

**SERVES 8 READY IN 45 MINS**

**1** Heat the oven to 170C, gas 3. Grease and line a 18cm round cake tin. Beat 175g **Stork** with 150g **soft brown sugar** until pale and creamy. Next, alternately, mix in 3 **beaten eggs**, adding one-third of 275g **plain flour** (with 1½tsp **baking powder** added). Add the zest of 1 **lime** and the juice of 2, then mix in 75ml **coconut milk** (at room temperature). Spoon into the cake tin and smooth the top. Bake for 25 mins.

**2** To make the icing: using a blender, mix the flesh from 1 **avocado** with 35g **cocoa powder**, 2tbsp **maple syrup**, 1tsp **vanilla extract** and 25ml **coconut milk**.

**3** Once the cake is cooked and cooled, remove from the tin and spoon over the icing. Chop 20g **pistachios** and scatter over the cake to serve.

**445 CALS PER SERVING** 23g **FAT** 8g **SAT FAT** 48g **CARBS**

\* **More AVOCADO RECIPES**



Keep the healthy eating going with more ideas at [goodtoknow.co.uk/avocado](http://goodtoknow.co.uk/avocado)



# A fireworks FEAST!

Make it a night to remember for the whole family  
with this hearty bonfire banquet

## SLOW-COOKED PORK BELLY & BEANS

**SERVES 6**

**READY IN 3 HRS + MARINATING**

27g Bart Smokehouse Smokey Chipotle Rub

2tbsp honey

1tbsp olive oil

1tbsp sea salt

1.3kg pork belly

2 sprigs each fresh thyme and rosemary

2 garlic cloves, bruised

250ml cider or chicken stock

**For the beans**

1tbsp sunflower oil

2 shallots, chopped

2 garlic cloves, crushed

2x400g can mixed beans, drained

400g passata

3tbsp BBQ sauce

1tsp Worcestershire sauce

Rich 'n  
spicy

**1** Mix together the chipotle rub, honey, oil and salt. Rub over the pork and place on top of the herbs and garlic on the base of a foil-lined baking dish. Leave for 4 hrs.

**2** Heat the oven to 140C, gas 1. Pour cider around the meat, cover with foil and roast for 2½ hrs. Remove from oven, cut away the skin and place under a grill on high until crisp. Cover the meat and leave to rest for 20 mins.

**3** For the beans, heat the oil in a pan and cook the shallots and garlic until softened. Stir in the beans, passata, BBQ sauce and Worcester sauce. Bring to the boil, then simmer for 20 mins. Add the pork juices and bring back to the boil.

**4** Serve beans topped with soured cream and thyme along with shredded pork and crackling.

**754 CALS PER SERVING 50g FAT**

**17g SAT FAT 22g CARBS**



Sweet  
&  
sticky

## MAPLE ROASTED SWEET POTATOES

**SERVES 6 READY IN 45 MINS**

6 sweet potatoes

2tbsp olive oil

1tbsp smoked sweet paprika

4-5tbsp maple syrup

2 limes, cut into wedges

**1** Heat the oven to 180C, gas 6. Rub the potatoes with olive oil and paprika. Put them on a baking

tray and roast for 30-40 mins until cooked all the way through.

**2** Drizzle the maple syrup over the potatoes, return to the oven and cook for a further 5-8 mins, until golden and crisp. Serve with the lime wedges.

**305 CALS PER SERVING 4.5g FAT**

**0.8g SAT FAT 59g CARBS**





New  
side  
dish

## CREAMED CORN SALAD

**SERVES 6**  
**READY IN 30 MINS**

2 corn on the cobs  
25g butter  
1 shallot, sliced  
340g can sweetcorn, drained  
5tbsp single cream  
3tbsp pumpkin seeds

**1** Heat a large frying pan and dry fry the corn on the cobs until they're lightly charred on all sides. Remove from the pan and allow to cool slightly. Then, using a sharp knife, cut off the kernels.

**2** Meanwhile, gently heat the butter with the shallot until softened. Add the canned sweetcorn and the cream, and warm through. Remove from the heat and use a hand blender to whizz until coarse. Season to taste and keep warm.

**3** Add the pumpkin seeds to the frying pan and cook until crisp. Serve the creamed corn topped with charred kernels and toasted pumpkin seeds.

**152 CALS PER SERVING 10g FAT**  
**4.5g SAT FAT 9g CARBS**

### \* More MEAL IDEAS



For all these recipes and lots more, just go to [goodtoknow.co.uk/bonfirenight](http://goodtoknow.co.uk/bonfirenight)





# *The great* INDOORS

A calming palette, piles of cushions and a roaring fire is all it takes to get that cosy cottage vibe





## LIVING ROOM

### Natural elements

- \* The easy mix of blues and greys make this room a relaxing heart of the house, where Emily and Paul can enjoy open-plan living. The gorgeous free-standing fire adds to the cosy-chic feel and is the perfect focal point.
- \* Exposed brickwork adds a rustic look, as does the natural wood and textured accessories – check out [dunelm.com](http://dunelm.com) for a similar jute rug.
- \* Emily makes a lot of her own cushions: 'My husband thinks we have far too many – but I say you can never have enough!' she laughs. Mix and match plaid, plain and photograph prints to recreate Emily's eclectic style.
- \* Putting a piece of furniture, like a dresser, in a thoroughfare is a clever way to connect the living and dining rooms and allow them to flow as one.

## MANTELPIECE

### Upcycle & decorate

- \* Paper name tags aren't just for presents – use them to personalise accessories like Emily's candelabra.
- \* Don't forget to save all your wine corks to make a quirky, fun mantelpiece decoration.



## WHO LIVES HERE?

Emily Davies and husband Paul bought this 1950s three-bedroomed terraced house in Hertfordshire in 2013. Although they were intimidated by the amount of work needed, the location was perfect, so they started to transform the space into the cosy country-inspired home of their dreams.



## HALLWAY

### Wicker & wood

- \* Can't find any coat hooks you love? Then make your own. Emily's were a combination of old pieces of painted wood and hooks that she bought cheaply online.
- \* Hang your coat hooks in an alcove and it will make a room feel neater and more ordered naturally. Hide any excess clutter (shoes, book bags, winter coats, brollies) in a generously sized wicker hamper.
- \* Don't be afraid of hanging large pieces of artwork, like Emily's wanderlust print, in relatively small spaces – it'll have much more impact.



## DINING AREA

### Back to basics

- \* An inexpensive flat-pack dining set can easily be upcycled to suit your own taste. Emily went through several colour combos before settling on pastel blue for the chairs, that she paid only £30 for in a charity shop.
- \* Mounting a shelf just above the tabletop creates extra room for when you're entertaining, and makes a handy place for candles and salt-and-pepper shakers when you're not.



**Style tip**  
Get zig-zagging!  
Chevron print (like the fabric used for Emily's blind) is big news this season



## BEDROOM

### Relax & enjoy

- \* Vertical stripes on your walls create the illusion of height in a room. Copy Emily's style and opt for a neutral stripe, like stone or grey, which is easier to accessorise with bedding and cushions, and makes for a more restful, relaxing environment.
- \* A string of paper decs (or fairy lights) adds a whimsical feel to the bedroom, and these are really easy to make. If you're not that handy with scissors and a glue gun, you'll find hundreds of pretty ready-made designs at etsy.com.

Emily's furniture is a mix of secondhand, homemade and high street buys





## KITCHEN

### Bright & breezy

\* Carrying a colour through the lower level of your house creates unity, but you can keep some spaces from feeling too repetitive by adding pops of different colours. Emily added accents of red to her kitchen, including the funky vintage clock.

\* To create extra storage space, the rack above the stove is a clever addition, as is the handy kitchen trolley on wheels.

\* A butler's sink is a must-have in a country kitchen like this, but the real personality comes from the quirky vintage pudding prints and cake-inspired crockery. Now, hands up, who wants a set of those fabulous Jammie Dodger mugs?



## BATHROOM

### Nautical style

\* Originally the entire bathroom was painted a vivid blue, but the shade was too oppressive for the size of the room. Instead, Emily went back to basics with a coat of bright, clean white, keeping only the statement tiles for colour.

\* Adding rope and some rustic wood summons up images of seaside getaways. Try wood panelling for the side of the bath, or a hanging rope shelf or mirror, for a contemporary take on the nautical trend.

**GET THE LOOK**

Seek Adventure wall art, **£12**, Sainsbury's



Wicker heart string lights in white, **£7**, Wilko



Large cake dome, **£37**, Oliver Bonas



Reversible stag cushion, **£10**, Tesco Direct



Grey knitted throw, **£34.99**, HomeSense



Willow basket, **£35 for two**, House of Fraser



Five-shelf narrow ladder display, **£119**, very.co.uk



12-piece Tuscany dinner set, **£25**, George Home at Asda

# YOUR KITCHEN MADE BY US IN THE UK

We cut out the middleman meaning you save more.

WE'LL BEAT  
ANY QUOTE\*

## SHAKER CREAM MATT

All these kitchen units for just<sup>▲</sup>

**£887**

10 YEAR  
GUARANTEE

### ✓ BUY NOW, PAY LATER

*Finance options to suit you\**

### ✓ FULLY ASSEMBLED KITCHEN UNITS

*Not old-fashioned flat pack, meaning quick and easy installation*

### ✓ FREE HOME MEASURE, PLANNING & DESIGN

*So you can be sure your new kitchen is the perfect fit*

**FIND YOUR NEAREST SHOWROOM TODAY**

**55 SHOWROOMS NATIONWIDE • VISIT [WRENKITCHENS.COM](http://WRENKITCHENS.COM)**

**wren**  
KITCHENS

▲ Priced kitchen is for units only and does not include the price of any handles, worktops, appliances, sink, tap, props, accessories or small worktop appliances. Must be purchased in the exact configuration as offered by Wren. No substitutions or alterations can be made. One per customer. ♦ If you find a kitchen or fitted bedroom that is of the same style, quality and construction cheaper elsewhere, bring us your valid quotation and Wren will beat it. ♦ Buy now pay later example: Cash price £4,000. Minimum 10% deposit of £400 and nothing further to pay for 12 months after delivery & installation date, then pay balance of £3,600. Subject to status, credit terms will be available. Ask in store or visit [wrenkitchens.com/finance](http://wrenkitchens.com/finance) for details.





# COPPER *crush*

Mix this hot metal with intense blacks and greys for a rich and stylish look



Metallic faux-leather cushion, £17, very.co.uk



Copper-effect mirror, £18, Matalan

Modern metallics collection, from £10-£38, Oliver Bonas

DONNA KARAN

## Style tip

Drape plenty of textured fabrics about the room to make this look feel cosy

Peonies in utility jar, £7, Wilko

Rembrandt frame in black, £8, Wilko

TEMPERLEY LONDON

# HERE'S TO THE 'TESTER POTTERS'



**JOHNSTONE'S™**  
since 1890

**CREATING 'DO-ERS' SINCE 1890**

Find your local Johnstone's store at: [www.johnstonespaint.com](http://www.johnstonespaint.com)







**HI THERE!**  
**CRAFT QUEEN**  
**GEMMA CHANDLER**  
**SHARES THE MAKES**  
**THAT ARE WORTH**  
**YOUR WHILE**  
**THIS MONTH**

# MAKE IT easy

GoodtoKnow.co.uk

## 5 WAYS TO GET BUSY WITH FREE MATERIALS

**1 CONKERS**  
 – who doesn't love a classic playground game? Safety goggles at the ready everyone!

**2 DRIED LEAVES** make wonderful garlands and are great for painting.

**3 PINE CONES** lend themselves perfectly to paint and a pair of googly eyes.

**4 APPLES** are perfect for covering in toffee for bonfire night – as well as playing the bobbing game, obv's.

**5 ACORNS** can be artily piled up to make a pretty display in a glass vase.

Find more craft ideas for little ones, go to [goodtoknow.co.uk/kidscraft](http://goodtoknow.co.uk/kidscraft)

### Midnight magic

It's Halloween and at my house, preparation for the witching hour gets into swing with lots of orange fabric, purple glitter and small, plastic spiders. If you're after kid friendly, spooky crafts to keep your little ones occupied, just turn to page 106. Me, I'll be busy découpaging this pumpkin – who said scary couldn't be stylish?

For a brag-worthy pumpkin pic, print off our carving templates at [goodtoknow.co.uk/pumpkintemplates](http://goodtoknow.co.uk/pumpkintemplates)



CREATE FAUX-PUMPKINS USING FELT  
 TIP PENS ON ORANGES. THEY'RE  
 SUPER-CUTE AND SAFER FOR LITTLE ONES

**TRIED  
TESTED  
LOVED!**

This tiny, intricately detailed narrow boat reignites my childhood fascination with all things mini. You'll find this and lots more brilliant outdoorsy projects to make in *Let's Go Camping* by Kate Bruning (£8.99, Kyle Books). Now where did I put those crochet hooks?

Photography Shutterstock; [timincukcontent.com](http://timincukcontent.com)



### THIS MONTH...

*I'm shopping at etsy.com*

Nostalgia and sweets are two of my favourite things, and UK designer Nikki McWilliams has combined them with her handmade prints of the childhood treats of yesteryear. The retro biscuit prints come in the form of cushions, stationery and jewellery – yes, there's even a Jammie Dodger brooch!

Malted Milk cushion, £32

Custard cream cushion, £47

Tunnock's cushion, £46

**£300 million**  
 THE AMOUNT WE BRIT'S SPEND ON HALLOWEEN EACH YEAR – THAT'S A WHOLE LOT OF GLITTER!

# Trick or TREAT

KIDS  
CRAFT

Keep your little monsters out of mischief this Halloween with our fangtastic creepy crafts



5-7  
YEAR  
OLDS

## HUBBLE BUBBLE

WANNABE WITCHES WILL LOVE MAKING THESE MAGIC POTIONS

- \* Small bottles \* Glitter \* Star confetti
- \* Water \* Washing-up liquid \* Luggage tags
- \* Letter rubber stamps \* Black ink \* Twine

- 1 Remove the cap or cork stopper from the bottle. Pour some glitter into the bottle, followed by the star confetti.
- 2 Fill the bottle with water, then add a couple of drops of washing-up liquid. Replace the lid or cork stopper.
- 3 Stamp the luggage tag with letters in black ink, then tie around the neck of the bottle with twine.

**WHERE TO BUY** Mini bottles, £7.27 for six, square bottles, £2.98 each, all lakeland.co.uk. Stars confetti, £1 a pack, glitter shaker, £1.50, luggage tags, £1.50 for 30, typewriter letter stamps, £10, black ink pad, £2, all hobbycraft.co.uk. Liquorice & Silver Twine, £2.95, themakery.co.uk. Buried Alive Skeleton, £10, sainsburys.co.uk

7-9  
YEAR  
OLDS

## READY STEADY GLOW

TRANSFORM SOME OLD JARS INTO THESE BOO-TIFUL CANDLE HOLDERS

- \* Tissue paper \* Variety of jars \* PVA glue
- \* Paintbrush \* Black marker pen \* White and pink paint pen \* Stars stencil \* LED tealights

- 1 Tear the tissue paper into small pieces. Stick the tissue all over the surface of the jars with PVA glue and leave to dry completely.

- 2 Decorate the candle holders with scary faces and spider webs using the black marker and white paint pens. For a starry lantern, use a stencil to draw stars on a purple jar with white and pink paint pens.
- 3 Pop some LED tealights inside the jars and watch them glow in the dark.

**WHERE TO BUY** Tissue Paper, 90p for five sheets, Sharpie Permanent Marker Pen, £1.50; Posca 1M Pen, £2.50, green organdie ribbon, £1.05 for 8m, LED tealights, £1 for four, all hobbycraft.co.uk. Grey skull goblet, 99p, dunelm.com. Black skull goblet, £5, sainsburys.co.uk





## CREEPY CRAWLIES

THEY'RE CREEPY AND KOOKY,  
MYSTERIOUS AND SPOOKY

- \* Black, green and purple acrylic paints
- \* Paintbrush
- \* Plastic plant pots
- \* Black, green, red and white self-adhesive felt
- \* Pencil
- \* Scissors
- \* Wiggle eyes
- \* Pipe cleaners
- \* Hot melt glue gun or strong glue

5-7  
YEAR  
OLDS

**1** Paint the outside of a plant pot with two coats of acrylic paint and leave to dry completely.

**2** Draw some eyes, a nose, a mouth and eyebrows on the self-adhesive felt. Cut out and stick to the painted pot. Next, add the wiggle eyes.

**3** Cut and bend eight pipe cleaners into leg shapes. Stick to underside of the flower pot with a hot melt glue gun or strong glue, and leave to dry.

**WHERE TO BUY** 10cm plastic plant pots, £1 for five, wilko.com. Art Acrylic Paint, £2 for 75ml, A4 self-adhesive felt, 80p a sheet, pipe cleaners in assorted colours, £3 for 100, all hobbycraft.co.uk. Skeleton hanging decoration, £8, talkingtables.co.uk



### Watch AND LEARN



Follow our easy step-by-step guide at [goodtoknow.co.uk/halloween-craft](http://goodtoknow.co.uk/halloween-craft)





## HANDS DOWN

**SURPRISE THOSE TRICK OR TREATERS WITH GLOVE-FILLED GOODIE BAGS**

- \* Powder-free vinyl gloves
- \* Paper wrapped sweets and lollies
- \* Ribbon
- \* Spooky plastic rings

- 1 Fill gloves with paper-wrapped sweets and lollies.
- 2 Tie the top of each glove with some ribbon, then slip a spooky plastic ring onto a finger.

**WHERE TO BUY** Powder-free vinyl gloves, from £1.85 for 100, [justgloves.co.uk](http://justgloves.co.uk). Orange neon ribbon, £4.95 for 3m, black sparkle ribbon, £5.95 for 3m, both [thetmakery.co.uk](http://thetmakery.co.uk). Halloween eyeball wreath, £12, [sainsburys.co.uk](http://sainsburys.co.uk). Boo! Photo Booth Sign, £8 for a set, [talkingtables.co.uk](http://talkingtables.co.uk)







THERE'S NO NEED TO MAKE A MATCHING PAIR OF MONSTER FEET, TWO ODD ONES WILL LOOK MUCH MORE FUN

**WHERE TO BUY** Art Acrylic Paint, £2, orange tissue paper, 90p for five sheets, A4 card, £1.50 for ten sheets, A4 foam, 50p a sheet, satin and organza ribbons, from £2.10 for 6m, paper chains, £1, all hobbycraft.co.uk. Confetti spiders, from 66p, etsy.com. Liquorice & Silver Twine, £2.95 for 40m, themakery.co.uk. Skull goblet, 99p, dunelm.com. Canapé sticks, £4 for 24, talkingtables.co.uk

9-11  
YEAR  
OLDS

### \* Watch AND LEARN



Follow our easy step-by-step guide at [goodtoknow.co.uk/halloween-craft](http://goodtoknow.co.uk/halloween-craft)

## FACE TIME

MAKE SOME FABULOUSLY FREAKY PAPER PLATE MASKS FOR FRIGHT NIGHT

\* Paper plates \* Acrylic paints \* Paintbrush \* Gluestick \* Pencil \* Craft knife \* Bandage \* Confetti spiders \* Scissors \* Orange tissue paper \* Green and black card \* Pink and black foam sheets \* Ribbon \* Twine \* Garden cane \* Sticky tape \* Glue gun

- 1 Paint plates with two coats of orange and black acrylic paint; leave to dry.
- 2 Draw eyes on the back of the plates. Carefully cut out with a craft knife.
- 3 For the 'mummy' mask, cut the bandage into 2.5cm-wide strips and stick across the black plate. Trim the edge and add some confetti spiders.

4 For the 'pumpkin' mask, cut 3cm-wide strips of orange tissue and snip one edge to create fringing. Stick onto the orange plate in overlapping layers. Cut out a green card stalk, a black mouth and triangular nose and stick to the face.

5 For the 'black cat' mask, paint white eyes, nose, mouth and whiskers onto a black plate. Cut pink and black foam triangles for the ears and stick to the top of the plate.

6 To make the holders, bind ribbons and twine around 30cm pieces of cane and secure with tape. Glue to the back of the masks.

ADULT HELP  
REQUIRED

## SCARY STEPS

ONE SMALL STEP FOR MONSTERS, ONE GIANT LEAP FOR LITTLE FEET!

\* Monster foot template \* Foam sheets \* Pencil \* Scissors \* Feathers \* Wiggle eyes \* Pom-poms \* Glue \* Craft knife \* Ruler

1 Freehand draw or print the foot template (go to [goodtoknow.co.uk/halloween-craft](http://goodtoknow.co.uk/halloween-craft)) and cut out. Draw round the template on foam and cut out. Repeat to make two large feet.

2 Draw and cut out small foam triangles and stick to the toes of the feet with glue. Decorate the feet with feathers, pom-poms or wiggle eyes.

3 Using a craft knife and ruler, cut a cross on each foot, large enough for your child's foot to fit through.

**WHERE TO BUY** Funky Foam, 65p a sheet, neon pom-poms, £2 for 100, feathers, £1 a pack, wiggle eyes, £1 a pack, all Craft Planet at [therange.co.uk](http://therange.co.uk)



3-5  
YEAR  
OLDS

3-5  
YEAR  
OLDS



TEAM OUR SPIDER HAT  
WITH A BLACK TOP AND  
TROUSERS FOR AN EASY  
COSTUME IDEA

## INCY WINCY

MAKE OUR SILLY SPIDER  
HAT IN A MATTER OF MINUTES

\* A3 black card \* Pencil \* Ruler \* Scissors  
\* Glue \* Different sized wiggle eyes



1 Cut a sheet of A3 paper into two strips measuring 10cm wide. Glue the strips together and, when dry, measure it around your child's head. Then cut off the excess card and stick the loose ends together to create a base for the hat.

2 Cut eight thin strips of black card measuring 2cm wide, and bend into quarters to create spider legs. Glue four legs either side of the top inside edge of the hat.

3 Stick lots of wiggle eyes to the front of the hat with glue – and remember, the more the scarier!

**WHERE TO BUY** A3 black card, £5 for 5 sheets, wiggle eyes, £1 a pack, paper mache skull, £6, all hobbycraft.co.uk. Boo! Photo Booth Sign, £8 for a set, talkingtables.co.uk



## BAG OF BONES

LET KIDS PRINT THESE LOOT BAGS READY FOR THE BIG NIGHT

\* Large potato \* Knife \* Paper towel  
\* Felt tip pen \* Sheet of A4 paper  
\* Scissors \* Small cotton bag  
\* Fabric paint \* Paper plate \* Iron

1 Cut a potato in half lengthways, then blot one half dry with the paper towel. Draw a spooky shape with a felt tip pen, then carefully score around the pen lines with the knife. Cut around the sides of the potato and remove the unwanted parts of the potato, leaving a raised design.

2 Cut a piece of paper to fit inside the bag. Lay the bag flat on a work surface ready for printing.

3 Pour paint onto a paper plate, and dab the potato into the paint. Start stamping on one side of the bag and leave to dry. Turn the bag over and print the other side.

4 Remove the paper from inside the bag, then iron over the design to seal the paint.

**WHERE TO BUY** Flat cotton goody bag, from 71p, thecleverbaggers.co.uk. Tulip Soft Fabric Paint, £3 for 30ml, hobbycraft.co.uk. Pumpkin tinsel wall plaque, 99p, dunelm.com

7-9  
YEAR  
OLDS







5-7  
YEAR  
OLDS

## GOING BATTY

TURN CARDBOARD TOILET ROLLS INTO CUTE HANGING CRITTERS

\* Cardboard tubes \* Black and brown acrylic paints \* Paintbrush \* Wing templates \* Pencil \* Black and brown card \* Scissors \* Glue \* Pipe cleaners \* Wiggle eyes \* White paint pen

**1** Paint the cardboard tubes with two coats of acrylic paint and leave to dry completely. Press down the tops of tubes to create the ears.

**2** Freehand draw or use the template (go to [goodtoknow.co.uk/halloween-craft](http://goodtoknow.co.uk/halloween-craft)) to draw wings onto card. Cut out and stick to the tube.

**3** Cut a pipe cleaner into 10cm lengths. Glue to the inside edge at the bottom of the tube.

**4** Stick wiggle eyes to the head and draw a mouth with the white paint pen. Curl the pipe cleaner legs and hang on a branch.

**WHERE TO BUY** Art Acrylic Paint, £2 for 75ml, wiggle eyes, £1 a pack, A4 card, £1.50 for ten sheets, stripe pipe cleaners, £2 for 50, black pipe cleaners, £3 for 100, Posca White 1M Pen, £2.50, all [hobbycraft.co.uk](http://hobbycraft.co.uk)



## STYLE IT UP

INSTEAD OF CARVING THEM, GIVE PUMPKINS A GLAM MAKE-OVER WITH PAINT AND GLITTER

\* Pumpkins \* Acrylic paints \* Paintbrush  
\* Glitter \* Masking tape  
\* Pencil

**1** Paint the pumpkins in different patterns with bright acrylic paints. While the paint is still wet, sprinkle some glitter over the top.

**2** For a stripy pumpkin, stick strips of masking tape onto the sides of the pumpkin, then paint the untaped sections in black. Allow to dry, then remove the tape. Add fine brush strokes of

blue and pink paint on the painted sections, and paint the stalk.

**3** For a spotty pumpkin, first paint  $\frac{3}{4}$  of the pumpkin with two coats of white paint and leave to dry. Then, dab the end of a pencil in pink paint and stamp onto the white to create a spotty pattern.

5-7  
YEAR  
OLDS



**WHERE TO BUY** DecoArt Crafters Acrylic Paint, £1.50 for 59ml, [hobbycraft.co.uk](http://hobbycraft.co.uk). Stampendous Crushed Glass Glitter, £4.99 for 40g, [crafterscompanion.co.uk](http://crafterscompanion.co.uk). Large skull decoration, £3, [sainsburys.co.uk](http://sainsburys.co.uk)



**WHERE TO BUY** White Paper Light Shade, £1.75, wilko.com. Dylon Fabric Dyes in Goldfish Orange and Intense Violet, £6.84 each, dylon.co.uk. A4 black card, £1.50 for ten sheets, hobbycraft.co.uk. Black tinsel spider, 99p, dunelm.com. Cardboard Photo Booth Glasses, £8 for a set, talkingtables.co.uk

YOU CAN ALWAYS ADD  
A BIT MORE BLING TO  
YOUR WANDS WITH SOME  
STICK-ON GEM STONES

## CAST A SPELL

CALLING ALL HARRY POTTER FANS  
— WE'VE GOT A CRAFT THAT'S RIGHT  
UP YOUR ALLEY

\* Twigs \* Bright acrylic paints \* Paintbrush  
\* Glitter \* Bright wool \* Scissors

- 1 Collect some long, strong twigs from the garden, allowing time to dry out if wet.
- 2 Paint the twigs in bright colours. Then, before the paint dries, sprinkle with glitter.
- 3 When the paint is completely dry, cut lengths of brightly coloured wool and bind around the bottom of the twigs. Tie a knot to hold the wool in place.

**WHERE TO BUY** DecoArt Crafters Acrylic Paint, £1.50 for 59ml, hobbycraft.co.uk. Stampendous Crushed Glass Glitter, £4.99 for 40g, crafterscompanion.co.uk

9-11  
YEAR  
OLDS

## FRIGHT LIGHT

OUR SUPER-SPOOKY LANTERNS ARE SIMPLY TO DYE FOR

\* Rubber gloves \* Orange and purple dyes \* Measuring jug \* 6 litres warm water \* Washing-up bowl \* White paper light shades \* String \* Washing line \* Pegs \* Face and bat templates \* White paper \* Black card \* Pencil \* Scissors \* PVA glue \* Templates at [goodtoknow.co.uk/halloween](http://goodtoknow.co.uk/halloween)

- 1 Wearing rubber gloves, make up the orange dye in a jug following the pack instructions. Pour into the water in the washing-up bowl and mix well. Submerge a section of a paper shade into the dye and leave for

5 minutes, before turning and soaking the next section. Move the shade around, until the entire shade has been completely dyed.

- 2 Remove the shade and hang with some string on a washing line until it's completely dry. Mix up the purple dye and repeat the process.
- 3 Print the black skull and pumpkin face templates onto paper and cut out. Glue the skull to a white shade and the pumpkin face to the orange shade.

- 4 Print the bat templates and cut out. Draw the bats onto black card and cut out. Bend the wings up slightly and glue to the purple shade.

9-11  
YEAR  
OLDS

# UPCYCLE *with style*

Passionate crafter Hester van Overbeek shows you don't need a huge budget or super skills to update any room



## TEA TOWEL TABLE RUNNER

USE LENGTHWAYS, AS HERE, OR SIDeways FOR A COSY TABLE SETTING FOR TWO

- \* 4 tea towels (you'll need ones that have the same dimensions)
- \* Pins \* Sewing machine
- \* Thread \* Iron

**1** Choose tea towels for this runner in patterns and colours that complement each other. Put one tea towel on top

of another, right sides facing, and pin together along the edge. Do the same with the other tea towels, so all four are pinned together to make one long runner.

**2** Now sew the tea towels together, stitching 3cm in from the edge. Press the

seams open on the wrong side and pin them flat.

**3** Stitch the seams down as close to their outer edges as you can. You can use the runner on both sides, either with seams showing for a rustic look, or with the seams hidden away underneath.





## READING NOOK

A LOVELY WAY TO ADD A COSY AREA TO YOUR LIVING ROOM – AND THIS PROJECT CAN BE MADE IN AN AFTERNOON

TAKES  
90  
MINS

\* Coffee tables (we used three Lack side tables, £25 each, from Ikea)  
\* Paint and paintbrushes  
\* Tape measure \* Foam seating pad \* Fabric (see step 4 for quantity)  
\* Scissors \* Needle and pins \* Thread  
\* Sewing machine

foam, just stitch them together to form one long piece).

**4** The fabric for the cover needs to be long enough and wide enough to wrap around the foam with an extra 5cm added to both the length and the width for hemming. A sturdy cotton or wool fabric works really well, or you could use fleece as it makes a very warm and comfy seat. Fold the fabric in half, right sides facing. Pin down the long side and one of the short sides and stitch, allowing a 1cm seam allowance.

**5** Turn the cover right side out. Now it's time to wrestle the foam pad inside the cover – you might find it a little bit snug, but it will fit.

**6** Fold the corners of the open end in, as though you're wrapping a present, and neatly hand stitch it closed. Put your seating pad on the bench and you're ready to accessorise with pillows.

**1** Make sure your tables are clean and dust free. If your tables need brightening up, give them a coat of white gloss. Allow the paint to dry thoroughly, then apply a second coat if necessary.

**2** Push your tables together and measure across the top, so you can work out the dimensions of the seating pad you are going to make. Leave some space at both ends to provide a surface to put books and a cup of tea or glass of wine.

**3** Have a piece of foam cut to size, or butt smaller pieces together (if you can only get square pieces of seating

MAKE SURE  
YOUR TABLE IS  
STURDY ENOUGH  
TO SUPPORT A  
PERSON'S WEIGHT.  
IF IN DOUBT,  
STRENGTHEN JOINTS  
WITH METAL CORNER  
BRACKETS





TAKES  
**60**  
MINS

## OFFICE TABLE UPDATE

**IF YOU HAVE A PIECE OF FURNITURE THAT'S SEEN BETTER DAYS, TRANSFORM IT WITH A LICK OF PAINT AND SOME WASHI TAPE – IT'S THAT EASY!**

- \* Old table in need of an update
- \* Paint \* Foam paintbrushes
- \* Masking tape \* Old cloths
- \* Washi tape \* Clear varnish

**1** Make sure your table is clean and dust free. Start off by painting the side edges of the table bright blue. Use foam brushes, as they drip less and you can cover the side of the table in one smooth move.

**2** Next, paint the table legs. If your table has metal bits that you want to keep unpainted,

cover them with masking tape. Put little bits of cloth underneath the table legs to protect the floor from paint drips. If you're really messy, you could use a full-size dust sheet.

**3** If you want to keep some of the tabletop wood on show, just use masking tape to make two stripes, one a little wider than the other. As the table legs and sides have been painted a bright colour, keep the top of the table very clean by painting it a bright white.

**4** When the paint's almost dry, peel away the masking tape carefully to reveal your stripes. To add more decorative detail to the tabletop, apply four stripes of washi tape, sticking them along the edges of the white lines (this will also cover any slightly smudged paint lines).

**5** Give the whole table a coat of varnish. This will protect the painted surfaces and seal in the washi tape. Allow the varnish to dry thoroughly before using the table.



## PLATE CLOCK

**EVERYONE NEEDS AN OFFICE CLOCK, EVEN IF ONLY TO TELL YOU IT'S TIME FOR A CUPPA**

\* Plate \* Masking tape \* Scrap of wood  
\* Drill, ideally with a porcelain drill bit  
\* Clock mechanism and battery \* Nail polish (optional)

**1** Decide where to position the clock hands on the plate – this could be off to one side, as here. Do make sure the clock hands won't rub against the edge of the plate, as this would interfere with it keeping good time.

**2** Stick a piece of masking tape on the spot where you are going to drill the hole (masking tape will reduce the risk of the plate chipping). Put a piece of wood under the plate to protect your table.

**3** Carefully drill the hole. If your plate is thick, this may take some time – ours was fairly thick, so drilling the hole took a couple of minutes. Take your time and don't force the drill.

**4** If you wish, you can paint the clock hands. Nail polish is ideal for this as it gives a shiny finish, is super-easy to apply, and dries within a few minutes.

**5** Attach the clock mechanism to the back of the plate and attach the hands, following the manufacturer's instructions, then insert the battery.

TAKES  
**60**  
MINS



## QUIRKY CANDLESTICKS

**MAKE UNUSUAL CERAMIC HOME ACCESSORIES BY STACKING TOGETHER ORNAMENTS TO MAKE FUN CANDLESTICKS**

\* Ceramic ornaments, cups, eggcups – make sure one can hold a candle or tealight \* Epoxy glue \* Paper plate \* Plastic cutlery \* Sandpaper \* Masking tape \* Multi-purpose decorative paint (we used Annie Sloan Chalk Paint)

**1** Collect different ceramic objects – try charity shops. Make sure they have a flat surface so they'll stack.

**2** Try out different arrangements, but put larger pieces at the bottom, smaller ones at the top. Remember the top piece has to be able to hold a candle.

**3** Mix the two components of your epoxy glue together – do this in small batches, as it dries quickly. You can use a paper plate and plastic cutlery to do this.

**4** Using a small amount of glue, stick one item on top of the bottom one. If your china's very smooth, roughen the area you're gluing with sandpaper.

**5** Let each level dry before adding the next and use masking tape to hold the stack as it dries. Don't make your candlestick too tall or it won't be safe. When the glue is completely dry, you can paint your candlestick.

TAKES  
**40**  
MINS



# COOL Kids



GoodtoKnow.co.uk



HI THERE!

ELEANOR JONES ROUNDS  
UP ALL THE LATEST  
KID-FRIENDLY STUFF

**3 OF THE BEST...**

## Keep-warm coats



### TOTALLY ROARSOME!

You even get an in-built pal in the pocket with this one! Dinosaur coat, **£27**, Next



### RAINY DAY CHIC

5% of the sales of this mac go to Farms for City Children charity. Mac, **£24.95**, Joules



### RED RIDING HOOD

This padded number has a fur trim to keep chilly faces toasty! Coat, **from £50**, Debenhams

## THIS MONTH...

### We're buying teepees

Tents aren't just for summer – a homemade den is one of winter's greatest joys. I adore this Cox and Cox one (£120) as the pale shade goes with any bedroom décor. To get the look for less, head to [hobbycraft.co.uk](http://hobbycraft.co.uk) where you can pick up a decorate-it-yourself version for £35. Add a string of fairy lights or bunting and you're all set for ultimate snugness.



Want more stay-in-play inspiration? You need to visit our [goodtoknow.co.uk/homemadedens](http://goodtoknow.co.uk/homemadedens)

**1 million**  
THE AMOUNT OF  
CHILDREN UNDER 8  
IN THE UK WHO HAVE  
NEVER BEEN TO THE  
DENTIST\*

## CHEATS CORNER

Little one full of cold? Try these cough-syrup style homemade lollies. Honey is a well-known throat soother and can help stop tickly coughs. Simply heat  $\frac{1}{4}$  cup of honey on medium for about ten minutes. Spoon 1tsp at a time onto parchment paper and place the top of a lollipop stick into the honey, it makes eight, then leave to set.

## 3 STEPS TO...

### 1 Prep kids in advance

On the days running up to bonfire night try to chat to the children about what will happen, describing what they'll see and hear. Children can get anxious around loud bangs and noises.



**TRIED!  
TESTED!  
LOVED!**

**HALLOWEEN DECORATIONS**  
Got tweenagers who've outgrown those fun black and orange streamers? Then let the people at [talkingtables.co.uk](http://talkingtables.co.uk) help your Halloween bash go with a bang! The super-cool Skeleton Crew range will transform your house from standard to spooky in no time - and they're such good quality you can probably recycle them again next year. From £3.

 Now you just need the snacks - [goodtoknow.co.uk/halloweenrecipes](http://goodtoknow.co.uk/halloweenrecipes) has got hundreds of spooktacular ideas!

## TECH KNOW-HOW

Got a mini digital-wizard in your house? Then check out Technology Will Save Us, it has toys to keep coders and cable-lovers busy for hours. They've got everything from build-your-own speakers to a plant that lets you know when it needs watering, and they start from just £15. Go to [techwillsaveus.com](http://techwillsaveus.com).

## FAMILY FIREWORKS

### 2 Make a plan B

Stay by the exits, with large crowds on a dark night your child may want to leave. Try to distract them first, but if that fails, home calls.

### 3 Non-fire fun times

Instead of sparklers why not get your kids extra safe glow sticks - gives them a festive feel, but are danger-free, giving your nerves a rest.



To find where your nearest firework display is taking place, go to [goodtoknow.co.uk/fireworksdisplay](http://goodtoknow.co.uk/fireworksdisplay)



**5**

**MOST**

**WANTED TOYS**

Here's a sneak peak at their Christmas list\*

### 1 ICE CREAM TRUCK SET

From Shopkins Scoops, £19.99, you're little one will love this play set.

### 2 MINION MADNESS

Everyone loves these yellow dudes, this Tumbling Stuart is a silence-promising £49.99.



### 3 MY FRIEND FREDDY

A classic teddy with a twist! For £39.99 surprise the kids with a digital bear who knows everything about them (because you downloaded all the info!).

### 4 THE PIE FACE GAME

It's like a round of Russian roulette, but for kids. Will they get a pie in the face, who knows! £19.99.

### 5 SING-A-LONG ELSA DOLL

Just what every parent wants, a live singing Elsa, at the push of a brooch. And your kids can join in, too, for just £39.99.



# GET HEALTHY *with a little help...*

Losing weight can be hard to do on your own, but with a bit of encouragement and help from XLS-Medical Max

Strength you can start your journey to a healthier lifestyle today



## WHAT THE DIETICIAN SAYS...

**Expert Dietician Jodie Relf from XLS-Medical gives her six top tips to help you achieve your health goals:**

These key factors will have an impact on our ability to shed the weight and include our lifestyle, setting our own challenges, watching our food intake, increasing exercise, allowing ourselves to enjoy the odd celebration and making sure we stay motivated. And these factors can be teamed with XLS-Medical Max Strength, the most effective slimming aid yet from XLS-Medical\*, to help you reduce your calorie intake from carbs, sugar and fat. This clinically proven slimming aid can help real women reach their weight-loss goals faster than they would if dieting alone.



## *Give yourself challenges*

The road to weight loss can be a long one and focusing purely on your final weight-loss goal can get boring. Kim Oldfield, 39, from Leicestershire, is motor-bike mad and wanted to slip back into her leathers: 'Without my mummy tummy in the way,' she says. Setting small short-

term goals will be more rewarding (and less daunting) - try a week of no alcohol, cook up a new healthy recipe, walk 10,000 steps a day, eat breakfast. These are great for giving you a sense of achievement, which keeps you motivated. Sustainable changes to your routine will stick with you.



## *Watch your food*

Sarah Parnell, 50, from Hampshire, was close to having a knee replacement: 'My doctor told me it would make a big difference if I lost some weight,' she says. But food is about so much more than counting calories. While you need to be aware of how many calories you consume, the quality of your food is just as important. If you change your focus to choosing foods and ingredients in a form as close to their natural state as possible and avoiding processed foods, you will end up with a much healthier diet with less sugar and additives.

## *Alter your lifestyle*

**Our lifestyles have become so fast paced that we barely take time out for ourselves. It's easy for people to say they're too busy to exercise or prepare their meals from scratch, but when did our jobs and social lives become more important than our health? And if you took time out to relax, wind down, do some exercise and prepare your own healthy meals, you would be healthier, feel better in yourself, have more energy and most likely, be more productive.**



## Up your exercise

**Sue Henson, 49, from Warwickshire wanted to dance again and get in shape: 'I stopped dancing because I was embarrassed about my weight.' Exercise is an important part of any weight-loss plan to improve energy levels, plus it helps to reduce your risk of cardiovascular disease and some cancers. It will also reduce blood pressure and bad cholesterol, while increasing good cholesterol. Evidence shows that those who exercise are more likely to keep the weight off, as it builds lean muscle and improves your metabolism.**

## Enjoy celebrations

There will always be a social occasion planned, from birthdays and weddings to office parties, that will make healthy options a struggle. These celebrations often go hand in hand with lots of indulgent food and alcohol, and can be a dieter's worst nightmare. As long as you plan well and establish a few simple rules, there's no reason why you can't enjoy yourself without worrying about what it's doing to your waistline. The key is finding that balance and allowing yourself to enjoy a few treats, but without going overboard; you can have a glass of Champagne and dessert, but not the whole bottle followed by late-night nibbles.

# 85:15

THE NEW RULE IS ALL ABOUT MODERATION  
- MAKE RIGHT CHOICES  
85% OF THE TIME AND  
LEAVE 15% TO  
TREAT YOURSELF

## STAY MOTIVATED

**Most of us are aware of what we need to do to lose weight, but you need to be motivated, as Gemma Warmington, 40, from East Sussex, knows when she had a breast cancer scare - it was the kick-start she needed to start her diet and fitness plan. The first**

**step in any weight-loss programme is to write down why you want to lose weight - doing this will motivate you and give you something to go back to if things start to dip a little. It will make your weight-loss journey a lot easier and keep you focused.**

*Turn the page...*

Start your journey with our six easy steps to a brand-new you



## SIX SIMPLE STEPS TO A HEALTHY LIFESTYLE...

Losing weight is something that so many of us want to do, and we think about being slimmer daily, but actually making it happen? Well, that can be a really tough challenge. Losing weight and getting your BMI down is vital for a healthy and fulfilled life. We are all full of the right intentions, but it's putting it all into action. With a little help

and the right plan, plus the right motivation and goals, you can set off towards a healthier, fitter new lifestyle that will bring all the changes you want in your life and give you a major confidence boost.

So, in the spirit of helping you get started, here are six great incentives to get you going – good luck...

## 1 GIVE YOURSELF SOME **ME-TIME**

Set yourself a goal to work towards by booking yourself in for a pamper session, such as a cut and colour, in three weeks time. Not only will it be a fabulous (and well deserved) treat, but knowing that you have that feel-good appointment coming up will keep you feeling motivated during those first tricky few weeks. We all know that once we have a new 'do' we immediately have to go out for dinner or cocktails to show it off!



## 2 PLAN A HOLIDAY

Whether it's a little UK-bound getaway or family holiday, aim to be in that swimming costume you've got your eye on, or that fit-and-flare dress. Keep it in mind and those cheat days won't be nearly as tempting when you know you're on a holiday countdown.



## 3 EXERCISE MORE

Sign up for a charity walk, jog or run – and if you do it with a friend, even better. You may be getting to grips with a new fitness routine, but having a goal that's for a good cause will give you a great incentive to keep going. And believe in yourself – you will be able to run rings round that 5K in no time.



## 4 TREAT YOURSELF

Buy yourself a new pair of jeans that are a size too small and try them on every three days to check your progress. Then, next time that you're feeling tempted by that slice of cake or plate of chocolate biscuits, just think of those jeans, even go and try them on again (if you're at home). Knowing that you're slowly, but surely, getting closer to being able to do them up will spur you on to stick to your better way of eating.



## 5 SET A GOAL

Our lives are full of numbers, what's the harm in adding one more? Choose a number so that you can work towards it, monitor it and, hopefully, achieve it. If you know how much you want to lose and in what time frame, you can plan exactly how you're going to get there.

## 6 SLIMMING AID

Once you start making changes to your healthy eating and exercise choices, add a simple slimming aid, like XLS-Medical Max Strength, in conjunction with them to help boost the weight loss and give your new plan a welcome kick start. XLS-Medical is gentle on your system and is the no1 weight-loss brand in Europe.

### \* Watch and LEARN MORE

Get inspired to start your weight-loss journey by following real women Kim, Sue, Gemma and Sarah as they reveal the highs and lows of weight-loss at [xlsmedical.co.uk/weight-loss](http://xlsmedical.co.uk/weight-loss)

\*Reference: Grube et al. (2015) \*\*Weight loss from real women



'As an advocate of healthy living, I know the importance of losing weight to overall health and happiness,' says super-glam Denise Van Outen and supporter of XLS-Medical

Working naturally with your body, women have found XLS-Medical Max Strength reduces the calorie intake from carbs, sugar and fat, so you can lose weight faster than just dieting alone. Simply take two tablets with two main meals a day\*\*.



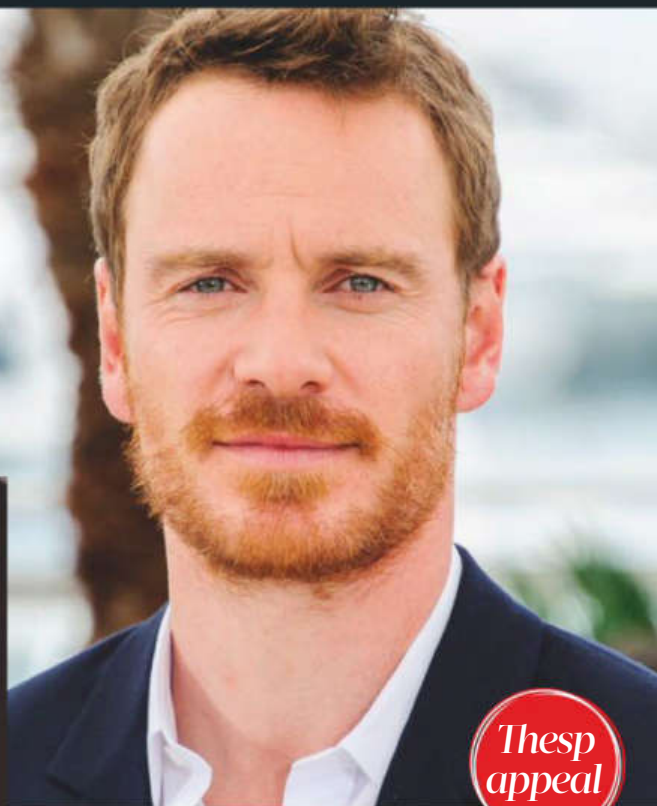
XLS-MEDICAL

FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## IRISH **HOT RIGHT NOW** charmers

The emerald isle's hottest exports are more in demand than ever



**Thesp appeal**

### MICHAEL FASSBENDER

The Kerry lad first came to our attention as a sexy Spartan in *300* before appearing in hits from *X-Men* to *12 Years a Slave*. Next, he will be channelling his dark side in a big screen adaptation of *Macbeth*, a performance already being lauded as career defining. That's why we'll be watching... and nothing to do with his naked torso!



**Funny man**

### CHRIS O'DOWD

He hit our radar as a lovable geek in *The IT Crowd* before becoming Hollywood's most unlikely man candy in *Bridesmaids* and cult series *Girls*. Now living in LA, the lofty Irishman has penned his own semi-autobiographical comedy series *Moone Boy*, and this month he's back in his first serious(-ish) role in the Lance Armstrong biopic, *The Program*.



**Model looks**

### JAMIE DORNAN

He may have started his career on the catwalk, but the County Down hunk's breakout role as a serial killer in ITV's dark crime series *The Fall* left us all agog. His acting career hit stratospheric levels when he bagged the Christian Grey role in the megabucks *Fifty Shades* franchise, but the brooding blue-eyed boy is taking a break from his red room to film World War II drama *Anthropoid* in Prague, then he's back in Belfast to film series three of *The Fall*. Roll on 2016 when we'll get to see him sizzle in both.

Feature Anna Matheson Photography Getty Images Rex/BBC/ITV





Laugh  
out  
loud

THE KENNEDYS



FROM DARKNESS



JEKYLL & HYDE



MODERN FAMILY



PREY



THE WALKING DEAD

## ON DEMAND



### THE NEWSROOM

*Dumb and Dumber's* Jeff Daniels plays a news anchor who is somewhat befuddled by media changes in this hit American political drama. Clear your whole weekend because all 25 episodes are available on Sky Box Sets now.



### THE AFFAIR

If you didn't get to see this sexy series starring Dominic West and Ruth Wilson that had everyone talking, make sure you catch up on the story before series two airs on Sky Atlantic this month. Season 1 is now available to download from Sky Box Sets.



### BEASTS OF NO NATION

Idris Elba has teamed up with Netflix and *True Detective* director Cary Fukunaga to play a fierce mercenary who forces a young boy to join his band of soldiers and fight in an African civil war. Out 16 October.

## ON THE BOX

### *The Kennedys*

Don't miss this family sitcom starring Katherine Parkinson (*The IT Crowd*) as a 'modern' 1970s mum intent on climbing the social ladder. Her husband and daughter try to help, but dinner parties and talent shows are a bit beyond the residents of their new neighbourhood (an estate in Stevenage). BBC1

### *Prey*

Get comfy on the edge of your seat because the BAFTA-nominated crime thriller is back with a gripping new case. Philip Glenister plays Prison Officer David Murdoch, who's forced to break the law when his pregnant daughter is threatened. It's drama and car chases galore as DS Susan Reinhart (Rosie Cavaliero) returns to track him down. ITV

### *Modern Family*

Everyone's favourite family are back to cause more havoc in a seventh season of ABC's hilarious mockumentary series starring Ty Burrell, Julie Bowen and the brilliant Sofia Vergara. Sky1

### *The Walking Dead*

Last we heard of Sheriff Rick Grimes and his mismatched survivors, they were fighting among themselves while taking on the zombies. But will they keep it together long enough to fend off the undead in season six? SKY1

### *From Darkness*

*Shameless* star Anne-Marie Duff is back as Claire Church, an ex-policewoman desperate to escape her past. The Scandi-esque drama looks at the psychological effect a life touched by violence can have on one woman. BBC1

### *Jekyll & Hyde*

Richard E Grant and Tom Bateman star in this ten-part action series inspired by Robert Louis Stevenson's classic novel. It's 1930s London and the troubled grandson of the original doctor is about to discover the family curse. ITV

# FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## ON THE BIG SCREEN

### *The Program* 🚴🏍️🤨

If you don't already know the story of disgraced US cyclist Lance Armstrong, you MUST see this. Despite a gruelling battle with cancer, Armstrong (Ben Foster) went onto win the Tour De France seven times and was lauded as a hero...until it was revealed he was doping all along. Arrogant to the end, the star faced an epic downfall. Out 16 Oct.



THE PROGRAM

### *Hotel Transylvania 2* 🧛👽🍁

When his daughter goes to visit her in-laws, Count Dracula (Adam Sandler) must get his grandson trained up as a proper little monster, so he won't lose them both to the human world. Ghoulish family fun. Out 16 Oct.



HOTEL TRANSYLVANIA 2

### *Suffragette* 🗳️👩🏻📧

When peaceful protests fail, Maud (Carey Mulligan) joins the British women willing to lose everything to gain the vote. Meryl Streep cameos as Emmeline Pankhurst, while Helena Bonham Carter is women's rights campaigner Edith New. A powerful story every modern woman needs to watch. Out 30 Oct.



SUFFRAGETTE

### PAN 3D 🧛🧛🧛

How did Peter Pan become the boy who'll never grow up? This exciting new story explores how an orphan was plucked away to Neverland to become one of the most iconic storybook heroes. With Hugh Jackman starring as Blackbeard, Amanda Seyfried as Peter's mum and Garrett Hedlund playing a young Hook, it's the best adventure to get lost in this month. Out 16 Oct.



PAN 3D

## ON THE TOWN



### BILL BAILEY LIMBOLAND

The comedy legend sets off on a tour of the UK, where he'll examine the gap between expectations and reality with hilarious anecdotes. Starts 1 Oct in Dublin; [billbailey.co.uk](http://billbailey.co.uk)



### MARY POPPINS

A spoonful of this sugary musical is all the feel-good medicine you'll need as the award-winning production makes its way across the UK from 13 Oct; [marypoppins.co.uk](http://marypoppins.co.uk)



### LITTLE MIX

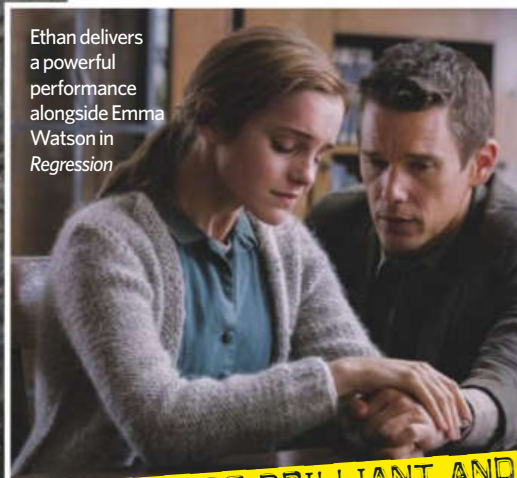
The girl gang are going on tour in support of their latest album *Get Weird*. Get your tickets now and get ready to dance along to their latest single *Black Magic* from 13 March; [little-mix.com](http://little-mix.com)



### FLARE PATH

This gripping 1940s play sees the horrors of war collide with emotional conflict when a love triangle develops. The UK tour lands at the Salisbury Playhouse on 5 Oct; [flarepaththetour.com](http://flarepaththetour.com)





Ethan delivers a powerful performance alongside Emma Watson in *Regression*

**I WANTED TO BE BRILLIANT AND AMAZING, BUT YOU JUST WANT YOUR KIDS TO BE NORMAL**

**On becoming a heartthrob...** In school, I was a guy who could never find his pen. A year later, I did *Dead Poets Society* and suddenly I was interesting to girls. Sadly, I spent the bulk of 18 to 25 being insecure.

**On his previous marriage to Uma Thurman...** We tried to be optimistic: we all want to believe in love. The older you get, the more you realise how powerful love is. You understand the right ways for emotion to lead your life and the dangerous ways. I don't regret marrying early.

**On current wife Ryan, formerly his children's nanny...** My relationship with her is thrilling and I'm committed to it. But neither of us know what shape the future will come in. If you really love somebody you want them to grow, but you don't get to define how that happens.

**On infidelity...** People have a childish view of monogamy and fidelity as opposed to a recognition that our species is not monogamous. To act indignant, that your world has been rocked because your lover wasn't faithful, is like acting rocked that your hair went grey.

**On his imperfect smile...** I watched the Oscars on TV a few years ago, and they all looked so fake. Then crazy Sean Penn got on stage, and I thought, 'There's a human being'. So, I'm not going to fix my teeth.

**\* Ethan stars with Emma Watson in *Regression*, out 9 October.**

**INSIDE  
THE  
MIND  
OF...**

# Ethan Hawke

**The Hollywood actor on fatherhood, fidelity and why he'll never fix his teeth**

**On his parenting style...** One of the weird things about having kids and supporting them is it infuses your life with compromise. When I was younger I used to say that my highest priority was artistic integrity. I'm not even saying I had it, but that's what I coveted. The funny thing is, I wanted to be brilliant and amazing, but you just want your kid to be normal.

**On what he would tell his younger self...** Relax. That's what I say to my 16-year-old daughter and my friend [*Boyhood* actor] 20-year-old Ellar Coltrane. People spend so much of their youth worrying. I guess they should because it's what drives you to form your identity and what you think, but most of what's happening happens on its own – you've just got to ride with it.

# FILM \* TV \* BOOKS \* CULTURE

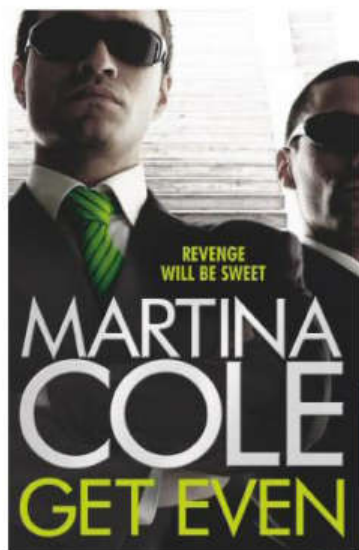
# Essentialist

## ON THE SHELF

### Get Even

BY MARTINA COLE  
(£19.99, HEADLINE)

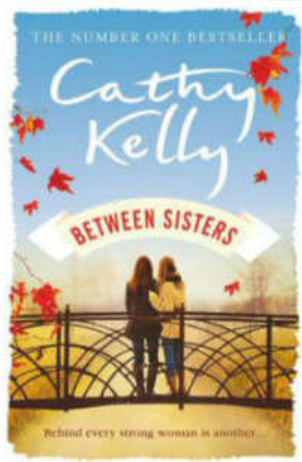
This love story soon introduces intrigue, suspicion and murder. Sharon doesn't question her childhood sweetheart's business dealings until one day he doesn't come home. Lenny's murder remains unsolved until almost two decades later when Sharon finds out the truth and seeks revenge. A riveting read from the best-selling crime writer. Out 6 Oct.



### Between Sisters

BY CATHY KELLY  
(£16.99, ORION)

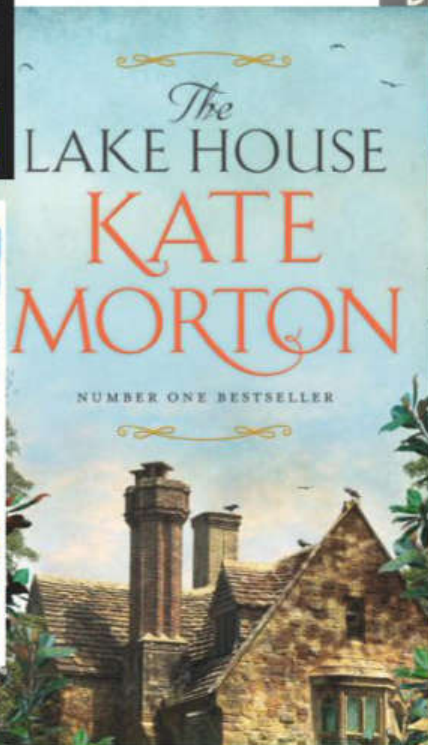
A heartwarming story exploring the bonds and ties that hold a family together. While Cassie struggles with a drink problem and her sister Coco confronts a face from her past, grandmother Pearl is haunted by a decision she made years ago. You'll finish this page-turner feeling like you have new friends. Out 8 Oct.



### The Lake House

BY KATE MORTON  
(£16.99, MANTEL)

Almost 70 years after a child goes missing, a police detective approaches Alice threatening to uncover a lifetime of family secrets. As the action switches between present day and 1933, the mystery deepens, with some shocking twists and an incredibly clever plot. Out 22 Oct.



## ESSENTIALS BOOK CLUB

READER BECKY COYNE REVIEWS  
THE DRESSMAKER  
BY ROSALIE HAM  
(£7.99, SERPENT'S TAIL)



Already a bestseller, this wickedly funny and glamorous tale of an Australian

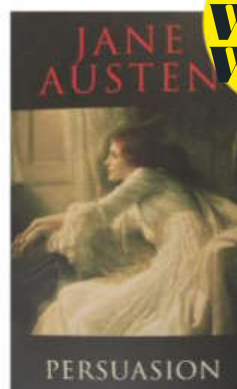
couturier who returns from Paris to her hometown – and its small-minded inhabitants – is an irresistible revenge story. Set in the 1950s, it's a gripping read and I, for one, can't wait to see the movie starring Kate Winslet in November.



## CELEB WISE WORDS

NIGELLA LAWSON REVEALS THE NOVEL THAT CHANGED HER LIFE...

'Everyone has their Austen and [*Persuasion*] is mine. It's about the nature of romantic entanglements and the follies of being human.'







RATATOUILLE IN CONCERT

FRIGHTMARE HALLOWEEN FESTIVAL



HALLOWEEN AT THE EDINBURGH DUNGEONS


**KIDS  
DAYS  
OUT**

## Frightfully fun!

We have plenty to keep your little devils entertained this half-term

### Chessington Howl 'o' ween

Chessington World of Adventures has had a Halloween make-over. From 23 October, you can take your little trick or treaters to explore a lost tomb and walk through a haunted village; [chessington.com/halloween](http://chessington.com/halloween)

### Ratatouille in Concert

Give your kids a tasty slice of culture with a special screening of the popular film accompanied by a live orchestra. London's Royal Albert Hall plays host to the UK premiere on 28 October; [royalalberthall.com](http://royalalberthall.com)

### Frightmare Halloween Festival

With a ghost hunt, spooky rides and the chance to pick-your-own pumpkin, this family-friendly festival in Gloucestershire is


perfect for the little ones. Just make sure you're out of there before dark when things get really scary; [frightmare.co.uk](http://frightmare.co.uk)

### Halloween at the Edinburgh Dungeons

Burke the bodysnatcher is back to guide visitors through the dangerous city dungeons. You can expect fun, frights, gripping storytelling and plenty of fiends; [thedungeons.com/edinburgh](http://thedungeons.com/edinburgh)

### Witches and Wizards Week

Join a host of scary characters and creepy crawlies on board the North Yorkshire Moors Railway for a spooky steam train adventure, departing from Pickering station three times a day on 30 and 31 October – it'll be fangtastic; [nymr.co.uk](http://nymr.co.uk)

 For more great ways to entertain your kids, visit [goodtoknow.co.uk/days-out](http://goodtoknow.co.uk/days-out)



WITCHES AND WIZARDS WEEK

CHESSINGTON HOWL 'O' WEEN

FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## DOWNLOAD



### EDITORS

Featuring guest vocals from Slowdive's Rachel Goswell, the indie rock band's much-anticipated fifth album *In Dream* is out 2 Oct - and then they'll be setting off on their UK tour afterwards to celebrate.



### SELENA GOMEZ

Justin Bieber's former flame says her new album *Revival* (out 9 Oct) is inspired by her own experiences and really pushed her out of her comfort zone. We're hoping for some Bieb-related revelations!



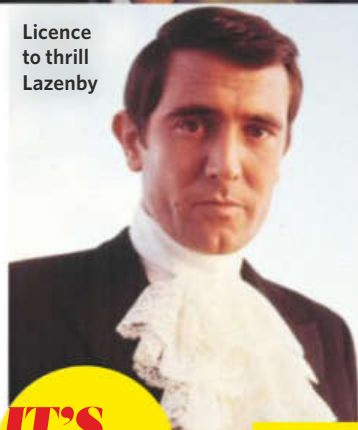
### ROD STEWART

The rocker's back with a new album and he's been experimenting with 'reggae, ska and Celtic melodies' (who says you can't teach an old dog new tricks?). *Another Country* will be released on 23 Oct.



Sexy Sean got his man (er woman) every time

Licence to thrill  
Lazenby



IT'S  
ALL  
ABOUT

SPECTRE

Shaken and stirred, ole blue eyes is about to sip his last martini...

## #TRENDING

# James Bond

As Daniel Craig returns as 007, we look back at all the handsome men who've played the secret agent

**SEAN CONNERY** The first and (in our opinion) the best of the double-oh-schevens, Sean kick-started his epic acting career as Bond. The hot Scot starred in seven films in the franchise between 1962 and 1983 including *Goldfinger* and *From Russia with Love* before going onto Oscar-winning success.

**GEORGE LAZENBY** Not quite so willing to earn his stripes, this young Aussie actor walked away from a seven-film contract after complaining that producers 'disregarded' his opinions on the set of 1969's *On Her Majesty's Secret Service*.

**ROGER MOORE** Already an established star thanks to his role in TV spy thriller *The Saint*, Moore was 45 when he made his debut as 007 in *Live and Let Die*. He went on to become the longest-standing Bond, giving

12 years to the franchise before bowing out in 1985's *A View To A Kill*.

**TIMOTHY DALTON** The Welsh actor made an impression with his gritty portrayal of the spy in *The Living Daylights* (1987) and *License to Kill* (1989). Unfortunately, legal wrangles between MGM and the film's producers led to a five-year hiatus and by the time they were ready to start over, Dalton had lost interest.

**PIERCE BROSNAN** One of the best-loved Bonds, the Irish star brought charm and wit back to the role after Dalton's darker turn. He starred in four films from 1995's *Goldeneye* to 2002's *Die Another Day*, and was keen to return for a fifth but, as he was approaching 50, producers allegedly felt he was too old and he was unceremoniously 'dismissed'.







## THE IN/OUT LIST

#JOMO – do as K-Mid and skip snoresville occasions



#FOMO – who cares when TV just got good again

Hypno-birthing – go au naturel with the new water birthing

Hippo-birthing – it got ugly when a pod turned on a newborn calf

Big broods – British families are getting larger



Big boobs – breast reductions are rising

*Educating Cardiff* – we're addicted to the Channel 4 show

Educating through classical music – we're not convinced

Messy hair – well, it's fast and it's cheap



Glossy blowdries – painstaking and pricey



Roger Moore's Bond was no saint



Mission accomplished in just two films



Mr Elba gets our vote!

Pierce too old to carry on? Oh-no he wasn't



## ON THE RADAR

**DANIEL CRAIG** A departure from the tall, dark spy we all knew and loved, the stocky star managed to win over critics and viewers alike with his debut as Bond in 2006's *Casino Royale*. His performances in *Quantum of Solace* (2008) and *Skyfall* (2012) were similarly praised by critics and movie-goers, and despite rumours he may bow out, he is back on screen in *Spectre* this month.

**A NEW BOND?** Craig has vowed to honour his contract for one more movie, but speculation over who will finally fill his shoes is still rife. Names doing the rounds include *Homeland* star Damian Lewis, Hollywood hunk Tom Hardy and Superman himself Henry Cavill. Personally, we're rooting for *Luther*'s Idris Elba who even took to Twitter to thank fans for their support.

\* *Spectre* is in cinemas from 26 October



### Tweet Star

Stay up-to-date with all things *Strictly* by following our favourite hilarious co-host @ClaudiaWinkle – expect, gags, gaffes and a whole lot of LOL-ing.



### Top Blog

A must for fashionable mummies, themumday-times.tumblr.com is penned by style writer and self-confessed shopaholic Ellie. The mum-of-two has a third baby on the way, so stay tuned for top tips on maternity wear.



### Insta-glam

The *Xtra Factor* host @rochellehumes keeps fans in a state of envy with snaps of her hunky husband, gorgeous daughter, and some seriously sexy selfies.

# COOK LIKE A PRO

## FROM JUST £29.99

### Cooks Professional Stand Mixer

**ONLY £79.99, PLUS £3.95 P&P**  
**- WAS £299.99, SAVE £220**

This stylish stand mixer has a powerful 800W motor that allows you to create a range of homemade food, plus there's a choice of three attachments – a beater, whisk and dough hook. The 4.5-litre bowl is great for making large quantities without spillage, while the six speed

settings and pulse function make mixing, whipping, whisking and kneading quick and easy. It's mains powered and has a tilting head for easy removal of the bowl. The main body is made from ABS plastic, the whisk and bowl are stainless steel, and the dough hook and beater are aluminium. Available in a choice of silver, black, burgundy or cream.



### Viners 30cm Ceramic Sauté Pan

**ONLY £29.99, PLUS £3.95 P&P**  
**- WAS £69.99, SAVE £40**

Perfect for family meals and one-pot cooking, this 30cm diameter, 3.96-litre non-stick pan is made from induction-compatible stainless steel in a mirror polish finish, with glass lid and steam vent. It also has a large loop handle for ease of use with oven gloves. Dishwasher-safe and suitable for use on all hob types and in



the oven, this pan comes with a five-year guarantee.

### Cooks Professional Nutriblend 700w Blender

**FROM ONLY £49.99, PLUS**  
**£3.95 P&P - SAVE UP TO £70**

It chops and grinds fruit and vegetables (including skins), plus seeds and stems, to ensure that all the goodness remains within the juice. The blender comes with a recipe book and tumblers so you can store your juice for later or just blend and go.

#### \* 10-PIECE SET INCLUDES

Nutriblend power base, a 700ml tumbler, two 350ml tumblers, blender and grinder blades, two tumbler handles and two stay fresh lids. Just £49.99, was £99.99.

#### \* 15-PIECE SET INCLUDES

Nutriblend power base, three 700ml tumblers, two 350ml tumblers, blender and grinder blades, two travel lids, two tumbler handles and three stay fresh lids. Just £59.99, was £129.99.



**TERMS & CONDITIONS** \*Calls cost 13p per minute, plus your phone company's access charge. P&P is £3.95 per order. 'Was' pricing refers to original selling prices offered on promoter's website [cjooffers.co.uk](http://cjooffers.co.uk), and in its retail store between 22 June and 22 Sept 2015. Offer subject to availability and open to UK mainland only. Please allow seven working days for delivery. Return faulty/unused goods in resealed original packaging for a refund or replacement within 30 days. Please note that postage is not refunded on unsuitable items or cancelled orders. Cards will be charged by, and your contract for supply of goods, is with BVG Airflo, a company wholly independent of Essentials, published by Time Inc. (UK) Ltd. Essentials, published by Time Inc. (UK) Ltd will collect your personal information to process your order and alert you of news, new products, services and offers available from Essentials and from Time Inc. by email, phone and post. You can unsubscribe from emails by clicking unsubscribe from within the email.

**SEND TO: Essentials Offer 53399, PO Box 87, Brecon LD3 3BE**

Please send me one of the following	Code	Price	Qty	Total
Nutriblend 10pc Set	D7976A	£49.99		
Nutriblend 15pc Set	D7977A	£59.99		
Stand Mixer Silver	D6029	£79.99		
Stand Mixer - Black	D6102	£79.99		
Stand Mixer Burgundy	D6104	£79.99		
Stand Mixer Cream	D6105	£79.99		
Viners Sauté Pan	D8552	£29.99		
			<b>P&amp;P</b>	<b>£3.95</b>

**GRAND TOTAL**

**£**

**TO ORDER CALL 0871 911 7011\* QUOTING 53399**  
**VISIT [www.clifford-james.co.uk/53399](http://www.clifford-james.co.uk/53399)**

**BY POST** Complete this coupon and send with a cheque, made payable to BVG Airflo, and your name and address on the back of your cheque

Essentials, published by Time Inc. (UK) Ltd will collect your personal information to process your order and alert you of news, new products, services and offers available from Essentials and from Time Inc. by email, phone and post. You can unsubscribe by clicking unsubscribe from within the email. Please tick here if you prefer not to be contacted by phone or by post [ ]

**COOKS**  
 professional



[www.clifford-james.co.uk](http://www.clifford-james.co.uk)



# GREAT Escapes



goodtoknow\_essentials

## THIS MONTH...

### Return to Santa

For the ultimate trip beyond the Arctic Circle to meet the man in red, Ingham's Santa Breaks start on 29 November. Choose 3 or 4 nights in Lapland's winter wonderland where you (and the kids!) can ride with the reindeer, go on a husky safari, cook with elves and on your last night, have dinner with Father Christmas himself. And if you're very lucky, you may even get to see the world's most spectacular free show – the Northern Lights. Prices start at £529 for a family of three, [santaslapland.com](http://santaslapland.com).

## 3 OF THE BEST...

### Stupid holiday complaints

The woman on a Celebrity Cruises ship who asked for a refund as she 'hadn't seen any celebrities'.



'There was no sign telling you that you shouldn't get on the hot air balloon ride if you're afraid of heights.'



'The animals in the zoo looked so sad, it made our children cry – can't you train them to smile?'



## CAN I SEE YOUR BOARDING PASS? NO!

**So, it turns out that all that faffing about in duty free, Boots and WH Smith in airports is totally unnecessary. Because the real reason we're asked to show a boarding pass at the till has nothing whatsoever to do with security. It's so that the retailers can scan our details and claim back the VAT on our purchases. You have been warned!**

**63%**  
OF BRITONS OWN UP TO PREFERRED HOLIDAYS WITH FRIENDS RATHER THAN THEIR PARTNER

### French leave...

Planning that French shopping trip/ski holiday or winter sun break over Christmas and New Year? Train tickets for anyone wishing to travel between 13 December and 4 February go on sale 15 October. Book now to nab the best prices at [uk.voyages-sncf.com](http://uk.voyages-sncf.com).

# GET AWAY WITH YOU!

The temperature is dropping, the leaves are falling...  
what you need is a pick-me-up autumn break

## HANBURY MANOR MARRIOTT HOTEL & COUNTRY CLUB, WARE, HERTS

**WHY HERE?** On the hunt for a country retreat? This luxury Jacobean pile, in 200 acres of parkland just a few miles off the M25 could be the answer. The period décor, wood-panelled library and huge open fire will appeal to your inner lady of the manor. Kick back with a large glass of something chilled, and imagine yourself as Lady Grantham of Downton.

**ROOMS** Book the Hanbury Suite, with its decadent king-size bed and luxury marble bathroom, plus separate living and dining room complete with mod cons like hi-tech coffee makers, flatscreen TVs and sumptuous furnishings.

**SPA** The indoor pool is housed in an arched ceiling complex opening out onto a striking garden, perfect for sunbathing in summer. Try the Decléor Aromatherapy Full Body massage (£99), it's the ultimate in relaxation. Then, top it off with an indulgent Moisture Quench facial (£75)

to leave your skin glowing for days. Finish with a session in the steam room and sauna, and a good old soak in the Jacuzzi. So this is how the other half live!

**FOOD & DRINK** Champagne tea in the wood-panelled Oak Hall is a must, but back in the 21st century, the excellent cocktail bar serves fantastic Long Island Iced Teas and the best Mojitos we've had this side of Cuba. For dinner, the Oakes Grill menu features scallops, asparagus and Var salmon, while the Hanbury Black Angus Burger topped with Croxton Manor cheese and streaky bacon is excellent. For a lighter option, we loved the whole lemon sole. Finish with the cheese board and promise yourself you'll walk it off in the morning!

**THE IMPORTANT STUFF** Weekend breaks at a selection of Marriott hotels start at £145 and run until 23 Feb 2016. Visit [marriott.co.uk](http://marriott.co.uk) for more information.

Best for  
The high  
life

Lie back and think  
how easily you could  
get used to this!



## THE MIDLAND, MANCHESTER

**WHY HERE?** Despite the lack of rolling hills and lakes, this imposing Grade II-listed redbrick hotel more than makes up for its lack of views. For a start, there's the grandeur, one lap of the revolving doors and you're in the opulent gold-and-marble reception familiar to viewers of Channel 5's recent *Inside Manchester's Midland Hotel*.

**ROOMS** Tradition is key here and always has been since the hotel opened in 1903. But, thanks to a recent refurb, the old-school comfort and charm remain, while the luxury rooms are fitted out with every state-of-the-art must-have you can think of.

**SPA** The recently reopened spa has a gym, pool, massages, facials, manis and pedis, plus sauna, steam bath, an 'experience' shower, and one of the hottest hot tubs ever. Treat yourself to the Hot Stone Massage, £37.50.

### FOOD & DRINK

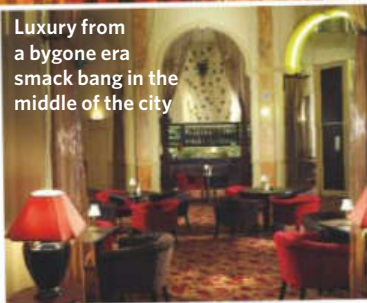
Mr Cooper's House & Garden Restaurant has an extensive and innovative menu. We loved the Cumbrian rib steak, truffle pudding and purple potato latke. And the caramel tart with burnt sugar topping and mascarpone ice cream is worth every single calorie worked off in the pool.

**THE IMPORTANT STUFF** Spa breaks, from £129, include one treatment, complimentary lunch in the Spa Café and one night B&B at the Midland Hotel. Visit [thespaatthemidland.co.uk](http://thespaatthemidland.co.uk).

Best for  
City  
lovers



Luxury from  
a bygone era  
smack bang in the  
middle of the city



Best for  
A capital  
break



One lump or two?  
Tuck in to a festive  
afternoon tea

## THE LANDMARK, LONDON

**WHY HERE?** Just a short hop from Madame Tussauds, the Zoo and Oxford Street, the family-friendly Landmark will be a great treat in the run-up to Christmas.

**ROOMS** Very spacious rooms (unusual in London hotels) make this a great family choice. And if the kids prefer, they can sleep in a tent rather than a bed.

**SPA** The Swedish massage by Italian masseuse, Antonella, using Irish Voya seaweed is a deliriously relaxing hour (£90).

**FOOD & DRINK** Christmas Afternoon Tea with carols in the Winter Garden is a lavish affair featuring all the trappings of this peculiarly British custom. And after tea, head for the Mirror Bar with its vast array of cocktails.

**THE IMPORTANT STUFF** An executive room for two adults and two children (Nov 13-14) with breakfast costs £422.30. The Champagne Christmas tea and carols (Dec 1-Jan 3) costs £50pp. Visit [landmarklondon.co.uk](http://landmarklondon.co.uk).

## BELLA LUCE HOTEL & SPA, GUERNSEY

**WHY HERE?** This tiny Channel Island is the perfect place to unwind. The elegant stone hotel offers understated luxury, yet is only a ten-minute drive from the island's capital St Peter Port, with pubs, bars and restaurants.

**ROOMS** Book a Premier room and you may be upgraded to a four-poster bed. Restful and stylish, each room has every mod con.

**SPA** The Bella Spa Signature Treatment (£105) includes a personalised facial and hot stone massage – just under two hours of pure bliss.

**FOOD & DRINK** The Bella Bistro restaurant serving locally-sourced scallops, crab, Dover

sole and turbot is mouthwateringly good. Alternatively, the roast rump of lamb and corn-fed chicken are delicious, too. Finish with a selection of local and continental cheeses teamed with homemade chutney biscuits.

### THE IMPORTANT STUFF

A classic room including breakfast starts from £107 ([bellalucehotel.com](http://bellalucehotel.com)). Return flights from London Gatwick start at £94 return ([aurigny.com](http://aurigny.com)). For more information about the island, visit [guernsey.com](http://guernsey.com).

Tradition meets  
luxury in this  
island bolthole



Best for  
Island  
living







Seeing stars in the Love Nest!

## THE BELL INN, TICEHURST

**WHY HERE?** If you love the sound of a boutique country B&B steeped in history, with bowler-hat lampshades, tastebud-tingling local food, and neon signs, then you'll love this East Sussex gem. And the dog can come too!

**ROOMS** Everything here is quirky and utterly eccentric. The main house has seven rooms each featuring a signature silver birch tree. Or try one of the four new lodges with mini patio and logburner. We love Pour l'Amour, the one with roses cascading from the ceiling, and the Love Nest – which is just that!

**FOOD & DRINK** Reasonably priced – under £20pp for three courses – the food is quite simply delicious. Whether you're a burger and (thrice-cooked) chips kinda diner or prefer the finer things like Confit Duck, The Bell uses locally sourced food and always leaves you wanting more.

**THE IMPORTANT STUFF** Double rooms in the main house start at £95 based on two people sharing while Lodges cost from £195. Visit [thebellinnticehurst.com](http://thebellinnticehurst.com) for more info.

## THE VINEYARD HOTEL, STOCKCROSS, BERKS

**WHY HERE?** R&R and spa by day, gourmet food and a choice of 3,000 wines by night equals... heaven! And so much to do with Newbury Racecourse and Highclere Castle both nearby.

**ROOMS** Comfort and charm abound in every room, each named after a different wine.

**SPA** The 5 Bubbles offers extensive treatments using its own aptly named Red Grape products. We urge you to try the 85-min Balinese Journey (£99).

**FOOD & DRINK** The mostly Mediterranean menu has a choice of Orkney scallops and Cornish marsh lamb. Four courses, plus a dessert, and wines to match each course, £55.

**THE IMPORTANT STUFF** The Taste of Spa package, £240pp, includes one night in a luxury double room, breakfast, a five-course dinner and 55-min spa treatment of your choice, plus use of the spa facilities. Visit [the-vineyard.co.uk](http://the-vineyard.co.uk).

Best for  
Food &  
wine



## THE FOUR SEASONS, LOCH EARN

**WHY HERE?** The sun has set, twinkling stars fill the clear night sky and you and hubby are cosied up in a blanket in your log cabin, while the kids snooze in their bunks next door.

**ROOMS** Clinging to the hillside, these cosy chalets offer a taste of Highland living overlooking Loch Earn. Keep the curtains open and wake up to a stunning sunrise.

**ACTIVITIES** You're spoilt for choice in any direction, from the Falls of Dochart at Killin to Crieff

and its award-winning Hydro, golf course and one of the best spas in Scotland.

**FOOD & DRINK** Expect some impressive cuisine from the hotel's award-winning Meall Reamhar restaurant and brace yourself for a very hearty breakfast. If you've never done it, now is the time to try haggis.

**THE IMPORTANT STUFF** B&B costs £57pp per night, while £91 includes a four-course dinner. Visit [thefourseasonshotel.co.uk](http://thefourseasonshotel.co.uk).



Stunning views of  
Edinburgh's Old  
and New Towns



Best for  
Scottish  
style

## THE G&V HOTEL, EDINBURGH

**WHY HERE?** Famed for its tartan, bagpipes and Scottie dogs, there's so much more to Edinburgh than the clichés suggest. As well as cutting edge bars and restaurants, the city has some seriously stylish hotels and this one might just be its most appealing.

**ROOMS** Minimalist and modern, the rooms strike the perfect balance between style and comfort. Complimentary drinks and snacks, free movie channels, Nespresso machines, and iPod docks are available in every room. Smack bang in the middle of Edinburgh's Old and New Towns, you can open the window for views over the cobbled streets of the Royal Mile to the city's most famous landmarks.

**ACTIVITIES** With the castle just round the corner, you'd be mad not to visit for a morning of grand tales and turrets. After the one o'clock

gun, it's time to wander down The Mound where the cultured among you can drop into the Scottish National Gallery, while the rest head directly to the shops. Choose Princes Street for the usual high-street suspects; George Street for more upmarket stores or Thistle Street and Harvey Nicks for designer buys.

And if you're there in time for Christmas, drop in to St Andrew's Square festive Scottish Market for stocking-fillers.

**FOOD & DRINK** As restaurants go, Cucina may not be remotely Scottish, but trust us, you really won't care. The menu is packed with rustic dishes so authentic, they'll transport your tastebuds to an Italian piazza. Try to



leave some space for breakfast the next morning: the epic buffet is not to be missed – you'll work off those waffles with another day spent exploring 'Auld Reekie'.

**THE IMPORTANT STUFF** Superior rooms start at £240 and include breakfast. Visit [gandvhotel.com](http://gandvhotel.com) for more details.



## HOAR CROSS HALL, BURTON-ON-TRENT

**WHY HERE?** Tucked away in a sleepy Staffordshire village, in 50 acres of formal gardens, Hoar Cross is rather grand. The imposing redbrick hall, with its 48 chimneys and mullioned windows all scream grandeur, and the recent restoration has seen the hall reinstated back to its former glory.

**ROOMS** It's not just the public areas that are grand – the rooms are very generously sized. Even the most basic enjoys beautiful views of the gardens, woodland and stunning Italian water garden. Antiques and French-style furniture all complement the surroundings, while a range of pampering spa products and posh coffee-maker are all a nice touch.

**SPA** You'll find indulgence in abundance here. There are two large heated pools – plus two luxury whirlpools and a starlit cave – and a cold plunge pool. Explore the relaxation areas with heated loungers, saunas, steam rooms, sensory showers and aqua massage jets. The invigorating Geneo+Medi facial

involved a deep cleanse using a machine (£78) which left us feeling bright eyed and bushy tailed with a glowing complexion.

**FOOD & DRINK** For breakfast, choose from a selection of freshly baked pastries or the heartiest of full-English feasts. That should keep you going until afternoon tea (available at an additional cost). The real treat, however, comes in the evening, in the hotel's sumptuous ballroom with its twinkling chandeliers and magical atmosphere. The extensive menu caters to every taste, but for dessert, three words to remember: triple chocolate mousse.

**THE IMPORTANT STUFF** A Classic Escape break costs £189pp (based on two sharing on a Saturday night) and includes a three-course à la carte dinner, breakfast and lunch, plus full use of the spa and leisure facilities. Treatments can be added at an additional cost. For more information, go to [hoarcross.co.uk](http://hoarcross.co.uk).

*Best for  
Your  
budget*



Imagine the cost  
of having those  
chimneys swept!





## DORMY HOUSE, BROADWAY

**WHY HERE?** For quintessential English charm, Dormy House positively embraces its guests. Uninterrupted views over The Cotswolds, rambling walks, peace and sheer restoration.

**ROOMS** Each room merges country chic with modern luxury, from waterfall-style taps to the way your wardrobe is filled with soft light on opening.

**SPA** The infinity pool and thermal suite glisten with tiny, pearlescent tiles. Treatment

prices aren't cheap, but are exquisite. Our favourite is the Repose Facial (£85).

**FOOD & DRINK** The Garden Room (three courses, £45) with its panoramic windows and à la carte menu is irresistible. And if you like duck, you're in for a treat.

**THE IMPORTANT STUFF** Spa breaks start at £210pp and include bed and breakfast, dinner and a 60-minute treatment of your choice. More info at [dormyhouse.co.uk](http://dormyhouse.co.uk).

Best for  
A country  
escape



Best for  
Stunning  
views



## THURLESTONE HOTEL, DEVON

**WHY HERE?** The oldest family-run hotel in the UK dates back to 1896, when Margaret Amelia Grose collared one of the most beautiful spots on the south Devon coast. A few generations later, the Grose family continues to welcome visitors – most of them repeat – into the warm atmosphere of old-school charm and tradition. Family holidays don't come better.

**ROOMS** The 65 luxury rooms and suites (most with balconies) have sensational views over Thurlestone Bay. Enjoy a pre-dinner G&T on your balcony while watching the sun go down.

**SPA** Languish in the jet spa hydrotherapy pool, steam room

or sauna and treat yourself to the Ytsara Voyage Spa Ocean Escape (£99) – a sensational full-body exfoliation, massage and finish-off facial.

**FOOD & DRINK** The varied and extensive menu includes locally sourced scallops, mussels and West Country beef, while the less formal Terrace Bar looking over the gardens to the sea is where to enjoy the obligatory cream tea. Children's tea is served here every day between 5.15 and 6pm.

**THE IMPORTANT STUFF** Sea view family rooms (2 adults and 2 children under 8) start at £323 per night and include breakfast. Visit [thurlestone.co.uk](http://thurlestone.co.uk).

## HARTWELL HOUSE, BUCKS

**WHY HERE?** Only 40 miles from London, this most stately of stately homes can claim the exiled King of France, Louis VIII, as a guest. Seventeenth-century grandeur meets 21st-century luxury in this magnificent historic hotel surrounded by 90 acres of landscaped gardens.

**ROOMS** Hartwell has been a hotel since 1989 and this Grade II listed building has 33 bedrooms and suites, plus a further 16 in Hartwell Court, a restored 18th-century riding school.

**SPA** The Ultimate Aromatherapy Experience (£85) releases the tension – everywhere. Book it!!

**FOOD & DRINK** The dining room is a grand affair and a great excuse to dress up. Much of what's on offer is locally sourced and prices are surprisingly affordable with a three-course dinner costing around £32.

**THE IMPORTANT STUFF** B&B from £205 per night, based on two guests, includes use of spa facilities and indoor pool. Visit [hartwell-house.com](http://hartwell-house.com).



Best for  
History  
lovers



## This Months Essentials

**dip-san®**

The Hygienic Toilet Brush.

After use return the brush to its holder and push down the handle of the spring return head into the reservoir of dip-san cleaning fluid.

Simply hygienic.

Buy at [dip-san.com](http://dip-san.com) and [amazon](http://amazon.com)



Made in UK

Lifetime Guarantee

**Flydragonfly**

The Little Book of Earrings is available in two sizes, travel size (12 pairs) and original (48 pairs).

Made in a beautiful array of colours.

Buy from [www.flydragonfly.co.uk](http://www.flydragonfly.co.uk)



**Linda Briggs**  
Cosmetic Surgery & Dentistry

LONDON, PARIS & ABROAD

GMC

Specialist Registered Surgeons

LONDON

Consultation & after care

INSURANCE OPTIONS

Freephone **01354 610 368**

Call Linda to book a consultation

[www.LindaBriggs.co.uk](http://www.LindaBriggs.co.uk)




**FABRIC LAND**  
MAIL ORDER SERVICE

NOVELTY  
DANCE AND  
SWIMWEAR LYCRA

CRAFT  
COTTON/SATINS FOR  
BRIDE & BRIDESMAIDS

TELEPHONE 01425 461444  
FOR SWATCH CARDS

[www.fabricland.co.uk](http://www.fabricland.co.uk)

**The Diet Plate**

It's not just a plate but a nutritionally balanced weight-loss diet managed just by the eye! The Diet Plate® is clinically proven showing that you are 6 times more likely to lose weight rather than going it alone. Diet Plate® automatically re-balances the portion sizes, leaving you free to eat what you love to cook.

Priced from £14.99 plus p&p.

Buy from [www.thedietplate.com](http://www.thedietplate.com) or call 0800 644 0166



**SUBSCRIBE**  
from just £19.99  
this Christmas!

**\* VISIT [essentialssubs.co.uk/xmas2015](http://essentialssubs.co.uk/xmas2015)**  
**\* CALL 0330 333 4555** Quote code CNM5

Lines open 7 days a week, 9pm-9pm (UK time)

Offer open to new subscribers only. Excludes those who are on a contract or have a subscription with us. For full terms and conditions visit [essentialssubs.co.uk/terms](http://essentialssubs.co.uk/terms)



**Frownies Facial Patches**

Frownies Facial Patches are a natural chemical-free skin care product that forms a splint holding the visible layer of skin smooth and flat overnight while the skin cells reposition themselves to support natural, smooth, healthy-looking skin. Celebrities including Raquel Welch and Rene Russo have used FROWNIES as their secret weapon for younger looking skin.

Sales 0113 2817788

web [www.frownies.co.uk](http://www.frownies.co.uk)



**Psychic Sofa**  
The UK's best Psychics and Mediums

80p Credit Card

0161 864 8528

20mins = £16.80, 40mins = £28.80, 60mins = £42. All prices inc vat

**0904 203 2037**

Txt: SOFA + Question to 67755 | £1.50 PER MSG



**Psychic Sue**

World Renowned  
Psychic Medium  
& Clairvoyant

All major credit/debit cards accepted

Call now on: **01609 760217**

[www.Psychicsue.co.uk](http://www.Psychicsue.co.uk)

**ANNE OWEN**  
International  
PSYCHIC CLAIRVOYANT

Over 35 yrs experience

For a telephone reading call  
01622 764417

[www.annowen.com](http://www.annowen.com)



# This Months Essentials GREAT BRITISH SOFAS



FLORENCE  
3 seater sofa  
was £999 -  
now £799

sofasofa



No risk 21 day moneyback home trial · 5 year hardwood frame guarantee  
For a free colour brochure call **01495 244226** or visit **www.sofasofa.co.uk**

SALE  
NOW  
ON

LovelySofas.co.uk



Find out what makes our Sofas so Lovely.  
28 lovingly handcrafted styles in 48 beautiful fabric options.  
You choose the combination and all with our money back guarantee.

**www.lovelysofas.co.uk**

**Lovely Sofas.**

by SAXON

Saxon Furniture Ltd., Manchester Road, Bolton. BL3 2NZ.  
Tel: 01204 368413



# This Months Essentials

**SOFAS AND CHAIRS DIRECT FROM THE MANUFACTURER**



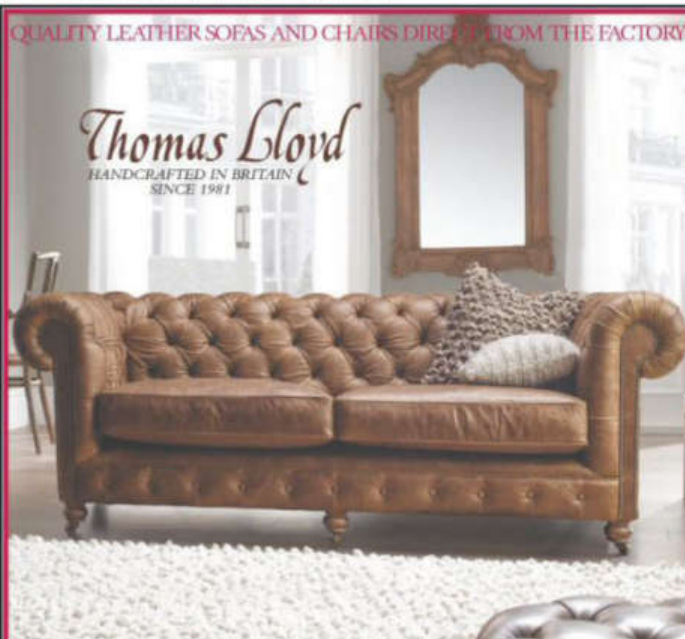
**OAKRIDGE**  
SOFAS & CHAIRS DIRECT

For a free brochure call **01685 844944**  
or visit **www.oakridgedirect.co.uk**

Madrid-sofa was **£369** - now only **£269**


QUALITY LEATHER SOFAS AND CHAIRS DIRECT FROM THE FACTORY

*Thomas Lloyd*  
HANDCRAFTED IN BRITAIN  
SINCE 1981



**VINTAGE CHESTERFIELD 3 SEATER SOFA**  
**WAS £1799 - NOW £1199**

FOR A FREE COLOUR BROCHURE CALL  
**01443 771222** or click **www.thomaslloyd.com**



**SALE NOW ON**

INTEREST FREE CREDIT  
**0% APR**  
REPRESENTATIVE



**SOFAS**  
• BY SAXON •

**TRUSTPILOT**  
★★★★★  
OVER 500 REVIEWS

**WWW.SOFASBY SAXON.COM**  
**01204 368410**

**FREE 2015 BROCHURE AVAILABLE NOW**  
QUOTE REF: ESS 25D

The credit advertised is provided by one credit provider with whom we have a commercial relationship.



# This Months Essentials

Fit Britches

Revolutionary Slimming Shapewear

## Lean, Smooth & Sexy Figure in 60 seconds!

**20% OFF + FREE P&P\***  
SPECIAL OFFER  
FOR ESSENTIALS  
MAGAZINE  
READERS

Exceptional Quality

*made in Italy*

That's right! In just one minute you could have the hourglass figure you've always wanted. Ironing out lumps and bumps and troublesome cellulite. Slimming from under the bra right down to your thighs – **keeping everything in check!**

But don't just take our word for it – Fit Britches has been tried and tested by independent laboratories. The results were stellar, in fact most women reported improved appearance of cellulite and a reduction in waist, hips and thigh measurements. With almost all saying their clothes felt 'less tight'.

How? I hear you ask, simple. Our revolutionary body sculpting fabric improves blood flow and targets fat layers that make up cellulite, leaving you with smoother & firmer skin. It conforms to your body for a perfect fit, flattening and contouring your natural shape. Not only can you trust the technology, the quality is staggering – made in Italy – we ensure only the finest materials are used to maximize the garments endurance.

Although we know its not just about looking slimmer it's about feeling more confident too. For mother-of-four and Fit Britches founder Farnaz Khan this was always the aim:

*"I'm a firm believer that if a woman looks good, she feels good and if she feels good she has the confidence to take on the world. Self confidence is the best outfit any woman can wear."*

5 Star Reviews: ★★★★★

*"Amazing! I lost 3 inches off each thigh in just 3 weeks."* Lyn

*"They really work would recommend to anyone."* Danielle

*"Just FAB!! Feel and look better in my clothes. An absolute find!"* Lesley

Celebrity fans too!

*"These pants are amazing!!"*

TOWIE star – Gemma Collins

Plus Khloe Kardashian, Jessie J and more...

- Conceals cellulite
- Lose inches instantly
- 360° slimming technology
- Controls and flattens the tummy
- Smooths out lumps and bumps
- Lifts and shapes the bottom

Award winning



**CLINICALLY PROVEN**

Tried and tested by independent laboratories

A marked reduction in measurements, see results after 30 days:

**92% higher skin blood microcirculation**

**16% increase in skin elasticity & collagen** (firmer skin)

**11% improvement in appearance of cellulite**



Before

After

**Try Clinically Proven Fit Britches**  
See results in just 30 days\*

Check your size:

UK DRESS SIZE	FIT BRITCHES SIZE
8	S
10	M
12-14	L
16-18	XL
20-24	XXL

AS SEEN ON TV

WAS £49.99

**Now £40**

SAVE £9.99

**FREE P&P** Skinny Shorts

Nude or Black

Sizes ranges available

S/M/L/XL/XXL

this morning LOOK



£39.99 **£31.99**

**FREE P&P** Skinny Knickers

Nude or Black

Sizes ranges available

S/M/L/XL/XXL

**EXPRESS DELIVERY** – Only £5.99 (1-2 days)



£49.99 **£40**

**FREE P&P** Skinny Top

Black or White

Sizes ranges available

S/M/L/XL/XXL

**WORLDWIDE** – Only £8.99 (shipped within 7 days)



£59.99 **£47.99**

**FREE P&P** Skinny Leggings

Black

Sizes ranges available

S/M/L/XL/XXL

**WORLDWIDE** – Only £8.99 (shipped within 7 days)

\* Free P&P on orders over £39.99

Start feeling sexy, use the discount code below and get **20% OFF + FREE P&P\*** when you order

Call **0203 519 0029** or visit **www.fitbritches.com** CODE: **ES20**



# This Months Essentials

**DO IT ALL!**

**vibrostation**  
vibration training plate

The UK's **SLIMMEST, PORTABLE**  
**ADVANCED VIBRATION PLATE.**

**60-DAY\***  
MONEY BACK GUARANTEE

**SHAKE IT AWAY**

**IN JUST 10 minutes a day!**

OVER 10 YEAR'S Development in 'ONE' COMPACT MODEL!

Handy Remote Control Operation



**Vibrostation Home Studio**  
Gym specification vibration plate



Revolutionise the way you workout at home, using only 1 piece of equipment.

Target...

- ✓ THIGHS
- ✓ STOMACH
- ✓ BUTTOCKS
- ✓ ARMS

**Why go to the gym when you can train at home?**

Vibrostation have incorporated 10 years of experience to bring you an excellent vibration plate at an unbelievable price. The 'Home Studio' works in the same way as our Studio System range that is used in Vibration training studios Worldwide.

**WHY USE 4 PIECES OF EQUIPMENT WHEN YOU CAN USE 1?**

Simply step up, adopt and hold your desired position and let the vibrating plate send pulses of energy through your body.

**BUY NOW**

**ONLY £199**  
**SAVE £200**

PLUS FREE WORKOUT PACK WORTH £99

**"WOW!"**

"...using the vibrostation has enabled me to achieve my target weight."  
**Janet - Durham**

Target all your core muscle groups by performing a variety of exercise positions including strength, stretch, relaxation and massage.

**Low impact and shorter training time**  
Compared to a treadmill, training with any vibration, is low impact and due to the shorter training time, the joints, ligaments and tendons are put under far less pressure.



## 10 REASONS TO BUY...

- 1 EASY TO USE** Simply step-up, hold your position and let the vibrating plate do the rest
- 2 AFFORDABLE** Buy now for only £199, **SAVE £200 (RRP £399)**
- 3 UNISEX** Suitable for Men & Women, of all ages and body shapes
- 4 PORTABLE** Lightweight, compact design means you can take it anywhere
- 5 PRIVATE** Use Vibrostation in the comfort of your own home
- 6 GUARANTEED** FREE 3 year warranty (plus 60 day risk free)
- 7 SMART** Stylish Black and White design and mains powered
- 8 RECOMMENDED** Used by Professionals in clubs and sports centres
- 9 PERSONAL** Easy control - 99 Speed Settings/ 4 Auto Programs / 1 Manual Program
- 10 LOW IMPACT** Tendons and ligaments are put under far less pressure

**FREE**  
exercise bands

**FREE**  
exercise chart

**FREE**  
remote control

Studies suggest vibration training can assist with...

- 1. Increasing circulation**
- 2. Increasing muscle strength**
- 3. Reducing body fat levels**
- 4. Improving Co-ordination**
- 5. Increasing bone density**

"I can't speak highly enough about my Vibrostation, I use it almost every day and absolutely love it. It has helped me maintain my weight loss and also toned me into a size 8, which I haven't been since the age of 20. I never thought I would be anything less than a 14 again, and without this, I doubt I would have got past a 12."

**Dr. Angie Winnington-Sharp** MBChB, MRCP  
Director & Clinical Specialist

- 0% Finance Options • FREE NEXT DAY DELIVERY
- 60 DAY MONEY BACK GUARANTEE

**- EASY PAY -**  
**4 MONTHS**

Only pay **£49.75**  
a month

✓ No credit check ✓ Interest Free

**YOUR RISK FREE FOR 60 DAYS**

LINES OPEN 24/7

Call and quote **ESSE3**

**Freephone 0800 999 3340**

Or visit **www.vibrostation.co.uk** and enter discount code **ESSE3** at checkout!

"I've used several other machines in the past and this is by far the best."  
**V Pettman - Kent**



# NOVEMBER horoscopes

Essentials' astrologer Marion Williamson reveals all...

*'You might  
get what you  
want in  
November'*

## SCORPIO

23 OCTOBER - 21 NOVEMBER

You might actually get what you want in the month of November, Scorpio. However, the reality of it all may be somewhat different to what you hoped for. The important thing is that you'll learn new skills, which will get you where you need to go. This new phase is all about breaking free from the things you have feared in the past. Romance is on the horizon for you, too, Scorpio, so just remember – don't be too fussy! You've probably already had a preview of the changes that are on the cards, but by the time the new Moon rolls around on the 11th, all will be revealed!

**DO** forget the past  
**DON'T** fritter your energy



## Capricorn

22 DECEMBER - 19 JANUARY

You don't need to buy loads of new clothes this month. By tweaking what you already own, you won't have to melt your credit cards in the process.

**DO** use what you have  
**DON'T** sew yourself to the tablecloth



## Aquarius

20 JANUARY - 18 FEBRUARY

A simple mistake – like a wrongly sent text or email – might need a bit of explaining. But romance is looking pretty hot and you could find someone hard to resist!

**DO** be careful on social media  
**DON'T** wait to be asked



## Pisces

19 FEBRUARY - 20 MARCH

Difficult decisions from last month fall into place easily and you'll care less about what everyone else thinks. Money worries ease when a friend repays a favour.

**DO** please yourself  
**DON'T** hide your opinions



## Aries

21 MARCH - 19 APRIL

You're at the start of a massive learning curve and you'll be gaining amazing experience. Awkward or embarrassing moments will soon feel like ancient history.

**DO** chuck yourself into the deep end  
**DON'T** cry and ask for your mummy



## Gemini

21 MAY - 20 JUNE

You want to know where you stand, but people aren't being straight with you. Things become clearer the closer you get to the full Moon in your sign on the 25th.

**DO** assume nothing  
**DON'T** go wild with your credit card



## Cancer

21 JUNE - 22 JULY

You'll experience a real sense of urgency this month and reminding people to stick to their promises won't do you any harm! It's time to rock the boat a little...

**DO** have a go at getting bossy  
**DON'T** revert to being coy



## Leo

23 JULY - 22 AUGUST

With the Sun shining on the career area in your horoscope, it's time to show the world that you mean business. It's all about putting on a show and looking the part.

**DO** make a great first impression  
**DON'T** spend time on details



## Virgo

23 AUGUST - 22 SEPTEMBER

You sense something big is just around the corner. When you feel ready, take a deep breath, remind yourself that you are fabulous, then ask the Universe to bring it on!

**DO** splash out on some stationery  
**DON'T** be tempted to hoard



## Libra

23 SEPTEMBER - 22 OCTOBER

The first week in November is best for your social life and romance. Then the pace of life moves up a few gears – travel could get really exciting if you can stay flexible.

**DO** remember you can do this  
**DON'T** procrastinate



## Sagittarius

22 NOVEMBER - 21 DECEMBER

November has a few tricks up its sleeve, so don't be scared of taking on too much. The Universe will provide the resources to help you have your cake and eat it.

**DO** brew a double-bagger  
**DON'T** doubt yourself



When you have finished with this magazine please recycle it.

Back issues UK, £3.99 per copy. Europe, £5.99. RoW, £8.99. John Denton Services, Essentials Back Issues Dept, PO Box 772, Peterborough PE2 6WJ (01733 385170 24-hours/secure website mags-uk.com/timeinc). Cheque payable to Time Inc. (UK) Ltd. Subscriptions order hotline 0330 333 4555 (UK orders only). Cheques payable to Time Inc. (UK) Ltd. Subscription rates (12 issues, inc p&g): UK £40.88; USA direct entry \$79.70; Europe/Eire €89.75; North America \$79.70; rest of the world £91.10. (Overseas copies sent Priority Service: 3-5 days within Europe/Eire; and within 5-7 days for all other countries; USA direct entry: 5-12 days.) Subscriptions enquiries and order hotline: 0330 333 4555. Essentials Subscriptions, Freepost RTKA-YLIG-HAAK, Time Inc. (UK) Ltd, Rockwood House, 9-16 Perryman Road, Haywards Heath RH16 3DH; email magazinesdirect@quadrantsubs.com. Enquiries and overseas orders: Essentials Subscriptions, PO Box 272, Haywards Heath, West Sussex RH16 3FS; tel +44 (0) 330 333 0233. US subscription: Essentials 0953-6337; published monthly by Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE10SU, England. The 2015 US annual subscription price is \$79.90. Airfreight and mailing in the USA by agent named Air

Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Jamaica NY 11434, USA. Postmaster: Send address changes to Essentials, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Subscription records are maintained at Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE10SU, England. Air Business Ltd is acting as our mailing agent. Printing Origination by Rhapsody. Printed in the UK by the Polestar Group Ltd. Distribution Marketforce (UK) Ltd, 5 Churchill Place, London E14 (020 3787 7900). © Time Inc. (UK) Ltd, 2014. Essentials magazine is published by Time Inc. (UK) Ltd. Reproduction of any written material or illustration in this publication in any form or for any purpose, other than short extracts for the purpose of review, is expressly forbidden unless the prior consent of the Publisher has been given in writing. Essentials is sold subject to the following conditions, namely that it shall not, without the written consent of the Publishers first given, be lent, resold, hired out or otherwise disposed of by way of Trade at more than the recommended selling price shown on the cover; and that it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of Trade, or affiliated to or as part of any publication or advertising, literary or pictorial matter whatsoever. ISSN: 0953-6337



# LISA'S LAST WORD...

TV cook Lisa Faulkner tells us what she's loving... and loathing this month

**I**'m a real summer girl, so I couldn't believe it when my daughter Billie told me she's looking forward to winter.

\*SHOCK\* She told me it's because she finds it easier to get to sleep when it's dark at bedtime – and that she loves cosying up in front of a real fire. She has a good point there.

Speaking of fires, one winter occasion I really do enjoy is bonfire night. It always brings back a wealth of wonderful memories as it was a big night in our house when I was growing up. My sister and I used to make our own Guy Fawkes, Mum would make a feast of pumpkin pie, chilli con carne and jacket potatoes, then we'd have our own fireworks display in the garden. It's such a magical evening that I'm hoping



to keep some of those traditions alive with Billie. She adores fireworks and particularly enjoys writing her name with sparklers – always a good photo opp!

I'm looking forward to going to Edinburgh to take part in The Cake and Bake Show again with a host of other chefs including

## What I'm cooking...

I wanted to keep the spirit of our French holiday alive and this super-indulgent Croissant Apricot Bread & Butter Pudding reminds me of early morning walks to the boulangerie. There's no better way to finish off a Sunday roast lunch – just add cream.

Find Lisa's bread and butter pudding with a twist recipe at [goodtoknow.co.uk/lisafaulkner](http://goodtoknow.co.uk/lisafaulkner)

John Whaite, Gregg Wallace and Jo Wheatley. We all get on so well and have such a laugh together. Last time, we went out for Chinese and spent ages catching up, so I can't wait to see them and share a few stories – it's such fun. It's also a good opportunity to squeeze in some Christmas shopping. I'm becoming one of those smug people who does it early because I just cannot cope with going to the shops when the Christmas rush is in full swing!

*Lisa*

## Enough already!

The change in the season always brings with it a whole bunch of wardrobe woes. Gone are the days of just throwing on a dress and a pair of sandals – now it's back to layer upon layer. Well, I've finally succumbed and sent John up to the attic to get the winter box out. Groan.



## My Instagram moment of the month

A throw back to our family holiday at a villa in France – it was a perfect getaway filled with good food, great company and sunshine! Follow Lisa on Instagram at [@lisafaulknercooks](https://www.instagram.com/lisafaulknercooks)



## MY MUST-HAVES

★ **Biker jacket, £109, Mint Velvet** A leather jacket gets you through all weathers. I love my new one.

★ **Balance Me Rose Otto Body Balm, £25** This is a real pampering treat when you step out of the bath – it literally melts in your hand.

★ **My Kind of Food by John Torode, £25, Headline** I know my boyfriend's book is brilliant... because I've tasted all the recipes!



# SMILE POWERED BY WHITE GLO



## TEETH WHITENING POWER FROM DOWN UNDER

Achieve that glowing Aussie beach smile. White Glo's Extra Strength Whitening Toothpastes will help lift stains and yellowing from teeth enamel safely and effectively. See amazing results within 7 days!

A brighter smile, powered by White Glo.

AVAILABLE AT



## White Glo

[www.whiteglo.com](http://www.whiteglo.com)



PATCHWORK  
CARDI  
£ 32

*Family Since 1953*

WOMEN, MEN, KIDS & HOME

Discover our story and shop online at **mandco.com**

Visit our 250 UK stores or say hello! 0808 129 0520

M&Co